



THE PORTUGAL News

Portugal's **National** Newspaper in English

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P. 33

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First swine flu death

A 41-year old Portuguese man has this week died in an Oporto hospital following kidney failure after contracting swine flu.

Alentejo celebrates best year ever

Following what has been the best year for tourism in the Alentejo's history despite the current global economic situation, the President of the Regional Tourism Board has said a dedicated 'Tourism Observatory' will be created to oversee all statistics relating to the sector in that region, and should be given the green light by the end of the year. (See Page 3)

Britons in Portugal given FCO warning

Around 2.2 million British tourists who visit Portugal every year were this week warned of the potential dangers they face when visiting Portugal. (See Page 4)

McCanns make Portugal return

Kate and Gerry McCann have met with their lawyers in a whirlwind visit to the Portuguese capital on Wednesday. (See Page 4)

Portugal top in infant mortality reduction

Portugal has managed to record the greatest cut in its infant mortality rate over the past four decades, the European Union said this week. (See Page 11)

Weekend weather

Lisbon: Warm temperatures will persist into the weekend though thunderstorms are forecast for Sunday, which is also election day in Portugal. **Faro:** While the Algarve will continue to dodge the arrival of autumn, the Met Office has warned there is a slight chance of rain at the end of the weekend. **Oporto:** The North will be mild, but opposed to the remainder of the country, no rain is forecast for the weekend despite some cloud on Sunday.

Upcoming holidays in Portugal

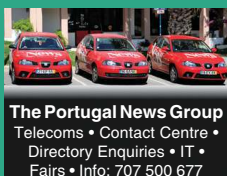
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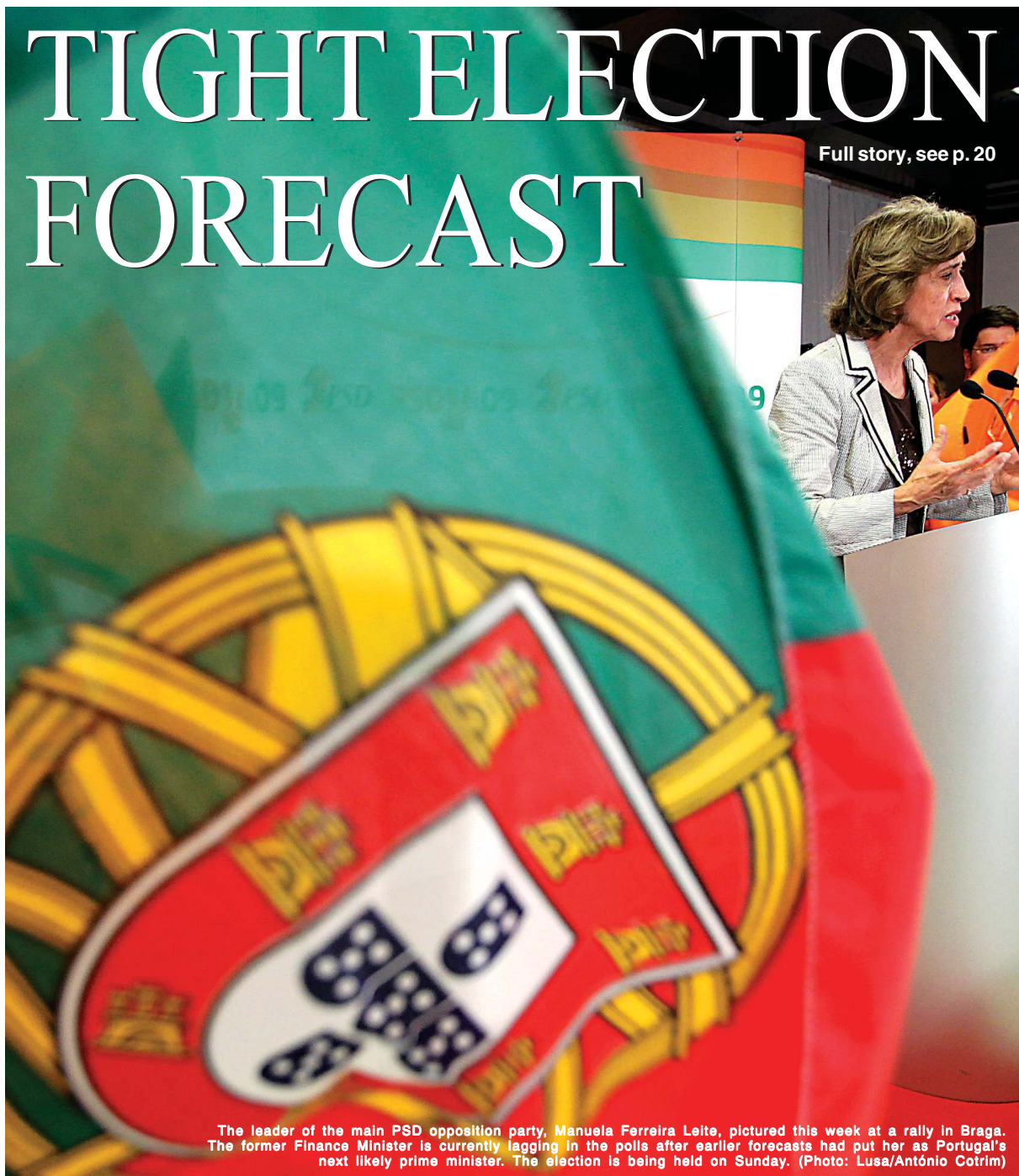
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Coalition government likely as Portuguese prepare to cast their votes in this Sunday's general election

TIGHT ELECTION FORECAST

Full story, see p. 20



The leader of the main PSD opposition party, Manuela Ferreira Leite, pictured this week at a rally in Braga. The former Finance Minister is currently lagging in the polls after earlier forecasts had put her as Portugal's next likely prime minister. The election is being held on Sunday. (Photo: Lusa/António Cotrim)

THE PORTUGAL
News



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Contacts

Postal Address: Apt 13 • 8401-901 • Lagoa

Courier: Rua Município de S. Domingos • Urb. Lagoa Sol • Lote 3 r/c • 8400-415 Lagoa

Tel: 707 500 655

Newsdesk: 707 500 655

Sales: 707 500 677

Classified: 707 500 646

Fax: Gen 707 941 201 • Sales: 707 942 053

Email: info@the-news.net • sales@the-news.net

Web: www.the-news.net

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Production Team

Publisher: Paul Luckman • publisher@the-news.net

Editor: Brendan de Beer • newsdesk@the-news.net

Production: Madeline Luckman • copy@the-news.net

Journalists: Carrie-Marie Bratley • Tommy Broad

Classifieds: Rebecca Andrade

Paws & Claws: Raquel Salbany

Preview: Raquel Salbany

Travel: Sherry Hughes

Photos: LUSA • Press Association • Portugal News

Sales Team

Sales Manager: Bella Talhadas • 914 393 736

Area Managers:

Lisbon, Estoril, Cascais, Sintra • **Bella Talhadas**

Alvor, Lagos, P. da Luz, Aljezur • **Marilyn Holmes** • 914 863 604

Guia, Almancil, Faro • **707 500 677**

Loulé, Quinta do Lago, Vale do Lobo, Ayamonte

Tom Chapman • 912 583 188

Support

Accounts: Gaby Rodrigues

Subscriptions: Samantha Hoather

Subscriptions

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Two thousand new swine flu cases



Health Minister Ana Jorge seen here during a recent visit to the Alentejo. (Photo: Lusa / António Carrapato)



Over the seven days from September 14th to 20th, 2,213 new cases of the A H1N1 flu or Swine Flu – were diagnosed in Portugal, where the virus is now being called 'flu syndrome'. There was also considerable confusion over whether Portugal had reported its first swine flu fatality. Following the death a 41-year old man in Oporto who had contracted swine flu, health authorities hastily declared he had died of organ failure, having been the recipient of a kidney transplant.

Twenty of those recently diagnosed with swine flu required hospital treatment, eight being admitted to the hospitals' Intensive Care Units, though the majority are by now believed to be fully recuperated. Five people with swine flu were at that time still in intensive care from the previous week.

One man, who had been admitted to Oporto's São João Hospital, died from underlying complications first established as "a bacterial infection of the abdomen and pneumonia" which later resulted in kidney failure.

A source from the Health Ministry told the Lusa news agency that while the man had tested positive for A H1N1 flu virus he "did not die from the virus as his clinical condition was already very serious".

The 41-year-old patient had already undergone a kidney transplant 14 years ago and more recently been admitted to hospital in France, where he lived, as his body started to reject the donated organ.

At the man's request he was discharged from the French hospital on September 3rd and travelled to Portugal a few days later, where soon after he was readmitted to hospital in this country due to his rapidly deteriorating state of health.

Health Minister Ana Jorge stressed that "the health services and the population should remain calm, following all instructions that are being continuously given".

"The flu [A H1N1] continues to comply with the clinical patterns that were initially pre-

dicted" she reiterated.

Minister Jorge once again appealed that, should an individual suspect they are infected with

'swine flu', they call the national health line (808 24 24 24) and follow the instructions then given.

Two men quizzed in Irish murder

Police confirmed last Thursday that two men, aged 19 and 26 had been arrested in Lagos (about 20 kilometres from Alvor) by Portuguese detectives in connection with the murder of Irishman Paul Houston.

The two men are believed to have been preparing to travel by bus to Lisbon before flying to Brazil.

Their nationalities have not been confirmed, though indications are they are Brazilian nationals.

According to police, 15 detectives have been working day and night to track down the suspects.

The two suspects appeared before a judge in Portimão on the day of their arrest.

One of the men was remanded in custody and the other released pending subsequent investigations.

An autopsy report released last week showed that 51-year-old Paul Houston died from a post-traumatic brain haemorrhage caused after being beaten by the two men.

It also said no marks or wounds caused by weapons were found.

Little is known about the circumstances under which the attack took place, but police are leaning towards a botched robbery, though no official confirmation of this has been received.

Paul Houston, a successful businessman and avid golfer from County Donegal, Ireland, had been on holiday in Alvor, in the Algarve, with his wife Celine and another couple, Phillip and Marian Devlin. Three days into their stay the party had gone out to the village for an evening.

When the others decided to call it a night and return to their hotel, the Dom João, Mr. Houston carried on by himself until the early hours of September 6th. His wife contacted police when by mid-day the following day, Sunday, he had not returned.

Three of the Houston's four grown-up children flew to the Algarve a few days later to be at their mother's side. The family then returned to Ireland last Friday.

Paul Houston's funeral was held last weekend in Greencastle, Co. Donegal, where thousands of mourners attended.

Greencastle parish priest Fr. Paddy O'Kane told mourners of how he met Mr Houston, president of Greencastle Golf Club, a short time before he headed off on the ill-fated holiday with his wife and friends.

U2 announce Portugal date

On October 2nd next year one of the world's most famous and iconic bands, Irish group U2, will take to the stage of Coimbra's stadium as part of their '360° Tour', confirmed this week by their Portuguese promoters, Ritmos e Blues.

The promoters also confirmed that a press conference would be held soon in which more details would be given.

It will be the band's first ever concert in Coimbra, part of a European tour that alongside classics will feature U2's latest album 'No line on the horizon', which was launched in March this year and includes singles 'Get on your boots', 'Moment of surrender', 'Magnificent' and 'Cedars of Lebanon'.

The date on which ticket sales will commence has not yet been confirmed.

Details of the upcoming tour that have been released so far state that the stage will be designed as a 'spider' shape, like an island that can be surrounded by the public from all sides.

The last time U2 performed in Portugal was in August 2005 at the Alvalade Stadium in Lisbon, the closing leg of their Vertigo tour.

At that time the band – Bono, The Edge, Adam Clayton and Larry Muller – were honoured by Portugal's then President, Jorge Sampaio, with the Order of Freedom.

Alentejo celebrates best year ever



Following what has been the best year for tourism in the Alentejo's history despite the current global economic situation, the President of the Regional Tourism Board has said a dedicated 'Tourism Observatory' will be created to oversee all statistics relating to the sector in that region, and should be given the green light by the end of the year.

António Ceia da Silva, President of the Alentejo Tourism Entity confirmed the positive news this week and said it had been the "best year yet" for regional tourism.

This news came as last week State Secretary for Tourism Bernardo Trindade confirmed that 2009 had in fact been a 'bumper year' for national tourism (see front page of last week's edition of The Portugal News, edition 1028, September 19th).

In the surprise announcement, State Secretary Trindade revealed 2009 was well on course to be the third best year for the industry, brushing aside talk of a black year because of the global economic crisis.

Armed with the latest figures, Bernardo Trindade revealed Portugal had reason to be pleased at the manner in which the tourist industry has performed thus far in 2009.

"What 2009 is proving, is that despite the crisis, this is in fact the third best year", said the state secretary.

He further explained that official figures supplied by the Office of National Statistics (INE) and those published by tourism associations, show the tide has turned.

"Information we have for August 2009 points to occupancy rates of well above 90 percent in the Algarve, with strong domestic support boosting figures, while the Douro region had occupancy rates of 75 percent and 80 percent in the rural tourism sector", he said.

This was re-confirmed this week by Alentejo officials where demand for rural tourism is rapidly rising.

Ceia da Silva said there had been a 22.7 percent rise in occupancy rates in the Alentejo during the month of July, in comparison to the previous year.

These are figures that Ceia da



Archive photo showing a partial view of Vila Nova de Milfontes on the River Mira. (Photo: Lusa / Manuel Moura)

Silva said made him "very satisfied".

The Alentejo tourism chief attributed the growing figures to "team work", which he described as being one of the main pillars of this year's development.

He said national tourists made

up a large part of those seeking the Alentejo's rural delights and were an "important" contributing factor to the rise in figures in that region, when numbers throughout most of the rest of the country fell.

To ascertain whether the trend will continue in the future, the

ERT has proposed the creation of a dedicated 'Tourism Observatory' whose job it will be to oversee all tourism-related statistics as well as obtain as many details about the profile of tourists to that region as possible and the types of accommodation they choose.

The project is being developed by the ERT in association with Évora University and the Polytechnic Institutes of Beja and Portalegre.

It is thought the green light will be given this year and the Observatory will commence its functions in 2010.

Climate change could delay autumn, say experts



The traditional first signs of autumn, like the yellowing of leaves and the characteristic 'autumn chill', could be increasingly delayed due to the consequences of climate change and global warming, experts warned this week.

The rise in temperatures and subsequent prolonging of 'dry seasons' could cause the first signs of autumn to happen later on in the year, according to phe-

nologist expert Maria João Cruz, who told the *Lusa* news agency "species that depend on climate phenomena to start a new cycle in life could be de-

layed or brought forward because of climate change", she explained.

The expert, who is also an investigator into climate change, explained that dry seasons could, because of global warming, extend until the beginning of autumn and therefore rivers and streams would take longer to refill, implying negative consequences for agriculture, horticulture, pastures and wild life.

There are, as yet, no studies that highlight the consequences of climate change on flora and fauna in Portugal but in other countries, like the UK, research into the matter dates back over 50 years and has indicated that some species could actually face extinction should their life cycles be altered greatly.

While autumn officially stated on Monday (September 21st) at 22h19, the weather remains very much summer-like.

The latest report from the European Environmental Agency, which is dated 2007, concluded that the average global temperature has consistently risen by 0.1 degrees centigrade per decade for the past 100 years.

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Gerry and Kate McCann, parents of the missing girl Madeleine McCann, during a press conference held after a meeting with their Portuguese lawyers in Lisbon on Wednesday. (Photo: Lusa/Manuel de Almeida)

McCanns make Portugal return



Kate and Gerry McCann have met with their lawyers in a whirlwind visit to the Portuguese capital on Wednesday.

The parents of missing toddler Madeleine McCann met with their prominent Portuguese lawyers Rogério Alves and Isabel Duarte before returning to Britain the same day.

The visit also marked the first occasion Mrs McCann has been in Portugal in over two years.

It is thought the visit was centred around legal proceedings brought against a former lead detective in the case.

A Lisbon court ruled a fortnight ago that Gonçalo Amaral could no longer publicise nor discuss the contents of his book in which he points the finger of suspicion at Mr and Mrs McCann, suggesting that Madeleine is dead and that her parents were involved in concealing her body.

'The Truth of the Lie' was on the verge of being published in English, explained António Cabrita, lawyer for the former detective, and said he believed the ruling coincided with this very fact.

Kate and Gerry McCann have also been reported to be in the final stages of mounting a million pound civil claim against Gonçalo Amaral.

"We are currently demanding €1.2 million in damages, but we are reserving the right to increase this value as soon as we can ascertain what profits have been generated from the sale of this book", Ed Smethurst, a lawyer for the McCanns was reported as telling the Lusa news agency when news of the injunction emerged.

Britons in Portugal given FCO warning

Around 2.2 million British tourists who visit Portugal every year were this week warned of the potential dangers they face when visiting Portugal.

According to information posted by the Foreign Office, it refers to Portugal as being a country where there is an underlying threat from terrorism.

"Attacks could be indiscriminate, including places frequented by expatriates and foreign travellers", the Foreign and Commonwealth Office (FCO) advises.

However, the warning to British travellers states that crime remains comparatively low in Portugal, but pick-pocketing, handbag snatching and theft from cars are increasingly common in major tourist areas.

"Take care of your belongings at all times. Do not leave your bag on the chair beside you while eating or having a drink in a café or restaurant. Do not hang it on the back of your chair or leave it unattended under the table. Thieves often work in groups and create distractions with the aim of stealing", tourists are told.

Passports, credit cards, travel tickets and money should not be carried together in handbags or pockets, the FCO further suggests.

"Groups of thieves in the Lisbon area are reported to be damaging tyres, especially those of hire cars, and then

stealing personal belongings from cars after the driver has stopped to change the tyre. If you are approached by anyone alerting you that you have a puncture, do not stop, lock the car doors and call the car hire company for assistance", the Foreign Office cautions.

It also alludes to a recommendation by Portuguese police that car windows and doors are closed and locked at all times while driving at night in urban centres. Pedestrians are advised not to wear valuable jewellery or watches in public areas.

While personal attacks, including sexual assaults are infrequent, Britons are warned:

"Nevertheless, you should be alert to the availability and possible use of date rape and other drugs, including 'GHB' and liquid ecstasy. You should purchase your own drinks and keep sight of them at all times to make sure they cannot be spiked.

Women holidaymakers are singled out to pay particular attention.

"Female travellers in particular should maintain a high state of personal awareness during their time in Portugal. Be aware that alcohol and drugs can lead to you being less alert, less in control and less aware of your environment".

Elderly UK residents held hostage in Alvor

A couple of elderly British residents from the Penina area of Alvor, Algarve, were taken hostage in their own home by three hooded assailants and held until they revealed their bank card PIN numbers.

A source from the GNR confirmed "Inside their place of residence the assailants restrained the British couple with handcuffs and held them hostage for around an hour,

until they revealed their bank card codes".

After obtaining their bank's card details, the assailants made their escape in the couple's silver-grey C-class Mercedes.

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Air problems persist in Lisbon



Multi-lane traffic on the 25 April Bridge in Almada. (Photo: Lusa / João Relvas)



Recent results show that the air quality in Northern Portugal has substantially improved compared to what it was in 2006 and 2007, when the situation was described as "dramatic", according to National Nature Conservation Association, Quercus.

For European Mobility Week Quercus once again analysed air from Northern and Central Portugal to assess the amount of PM10 Particles (Non-inhalable Pollutant Particles) found in those regions.

The study found that "in 2008 a substantial improvement was found in comparison to 2007, a dramatic year when 18 points of analysis exceeded the acceptable PM10 limits".

Three of those 18 points remained at excessive levels for more than the accepted number of consecutive days (35 days), in Vila do Conde (79 days before the PM10 levels improved), Espinho, (69 days) and Matosinhos - Perafita (40 days).

In the Lisbon and Tagus Valley region, "the same air quality problems persist, with just some improvements noted in the areas of Entrecampos, Cascais and Setúbal", Quercus' report found.

On top of that, "the new air monitoring station which was activated this year in Santa Cruz de Benfica is registering levels of pollution that are on a par with those documented on the Avenida da Liberdade in Lisbon, in Espinho and Vila do Conde, the three worst in the country", it stated.

Pollution in Santa Cruz de Benfica has surpassed maximum levels for 56 days.

Air quality in the Algarve has not been monitored since 2008 due to technical problems at the monitoring stations.

However, the worst cases in the Algarve previously documented were at the David Neto station (on the road between Alvor and Portimão), which surpassed maximums for 113 days, and at the Municipal station in Albufeira, which was 48 days over the maximum tolerance for excessive air pollution during consecutive days.

City tolls not yet viable, say experts

Introducing toll gates to charge entrance fees into cities is as yet an unviable measure in Portugal according to participants in the Sixth Transport Revision Meeting which was held over this week in Castelo Branco.

Former cabinet ministers Ferreira do Amaral and Augusto Mateus along with Professor José Viegas are in agreement that this type of toll is a good solution, "but not for Portugal".

"Technically it is a possible solution but I don't think public opinion is ready for it just yet and the public could in fact see it as an attack on mobility", said Ferreira do Amaral.

The ex-minister continued "It is a possibility, but I don't think the country is mature enough to admit that, even though in other countries it works".

In Ferreira do Amaral's opinion, the best way to introduce such a measure would be first to try and dissuade vehicles that are high in consumption and/or pollution from entering cities, followed by gradually favouring electric vehicles.

Augusto Mateus argued such a measure should be applied in cities that are highly congested, where other solutions for mobility can be created.

"In Portugal it might be necessary but probably only in Lisbon and Oporto, the only two metropolitan areas in the country, where there would be great differences made by its implementation", he stressed, adding, in his opinion, it shouldn't even be seen as a "last resort policy".

He concluded, "A city must be governed to guarantee a balance for those who live and work there. For a modern and competitive city tolls are, in some cases, a measure that should be adopted. At the moment, in Portugal, that does not apply".

Professor Viegas agreed that city tolls could one day be viable in Portugal, "but not just yet", arguing there are other, more simple ways to control the amount of vehicles in a city.

He stressed that "Essentially, we should adopt a strict parking policy and fiscal procedure".

The Professor believes that in areas that are well served by public transport parking should be limited and expensive, whereas in areas with little public transport, parking should be "widely available and cheaper".

Multiple passenger lanes for big city drivers



Routes into Lisbon and Oporto will soon benefit from lanes that are to be specifically created for cars with two or more occupants.

The lanes are hoped to be ready by next summer and are being created in an attempt to improve the poor air quality registered in those regions.

According to blueprints of the plans published this week in the Government Gazette, the special lanes could operate alongside lanes for public transport, like bus lanes.

In Lisbon all routes into the city are to benefit from the 'multiple occupants' lane, including the Cascais A5 motorway, the IC19 Sintra-Lisbon motorway and the A1 - North motorway, with the exception of the A2 motorway as it becomes a bridge.

It was further revealed that these lanes, which should be ready for an eight-month 'trial period' in June

2010 and fully operational by January 2011, could in fact only be operational during morning hours and/or rush hours.

They are also available for use by electric vehicles, due to their 'environmentally-friendly' characteristics.

The project was drawn up by a number of experts and specialists of various entities, involving Ministers, State Secretaries, various Regional Development Committees and University departments for Technology and Sciences.

The main objective of this project, as well as reducing air pollution and improving air quality, is to make journeys faster and alleviate congestion during busier periods. It is also aimed at encouraging and rewarding transport sharing, like car-pooling.

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Cities still surviving without traffic lights



In modern-day Portugal there are still a handful of cities, towns and villages where traffic lights were given the red light and alternative signage as well as common sense are being used as a seemingly effective alternative.

Such is the case of Sines, a city with 12,000 inhabitants on the Alentejo coastline where 21st century municipal executives said 'no' to the implementation of traffic lights.

At one point Sines approved the installation of 'intermittent' traffic lights, but these were taken out some seven years ago and replaced with a roundabout.

"So far we haven't detected any situation where traffic lights would be better or more effective for regulating traffic", said Sines Town Hall councillor Carmen Francisco.

António Silva, one of Sines' nine taxi drivers, reflected the opinion, saying "The traffic lights were an obstacle, traffic improved after they were removed".

Local café owner Armando Diogo, who has owned an establishment in the city for 17 years, guaranteed there has been "quite a few accidents because of the traffic lights and now there aren't any. The roundabouts made everything much better".

In Câmara de Lobos, Madeira, traffic lights have never been installed but drivers still proceed in an orderly fashion.

"Traffic lights are pointless here and are not necessary for a small town like Câmara de Lobos, where most roads are

one-way", said Fernando Jesus, a mechanic who lives in the town that has an estimated 13,000 inhabitants.

A fellow resident Rui Pita reiterated "Pedestrians and drivers in Câmara de Lobos are taught well and have a mutual respect for each other, so traffic is easy and fluid, therefore traffic lights are not a priority".

On the Island of Madeira traffic lights exist only in the centre of its capital city, Funchal, and there are no confirmed intentions to change that scenario.

In Peso da Régua, in Northern Portugal, some 50 kilometers north of Lamego, 10,000 inhabitants go about their daily routines without traffic lights. According to locals traffic lights there would be unnecessary as there are "pedestrian crossings nearly every 20 metres and traffic lights would mean stopping even more times".

Local GNR traffic police Commander Eduardo Lima told *Lusa* news agency "they wouldn't bring great advantages; quite the contrary, as they would only create more obstacles".

In the Algarve the Mayor of São Brás de Alportel, António Eusébio, said that only "as a last resort" would traffic lights be seen in that town, and they "are not foreseen as a solution".



Alternative signage and common sense appear sufficient to regulate traffic in many Portuguese towns and cities such as Sines, pictured above, where there continues to be a no-traffic light policy. (Photo: Lusa / Tiago Canhoto)

Europe goes car-free

Hundreds of towns and cities closed some of their busiest streets to cars for one day this past week to discourage people from driving. For many urbanites, car-free day is the best part of mobility week, the EU's annual campaign to encourage the use of eco-friendly forms of transport.

From 16-22 September, events were held across Europe to pro-

mote alternatives to private car use. Many towns and cities also used the opportunity to introduce new or improved public transport services, pedestrian zones and bike lanes.

Besides promoting sustainable transport, this year's theme – "Improving City Climates" – aimed to raise awareness of the key role local authorities can play in the

fight against global warming.

More than 70 percent of Europeans live in an urban area. Cities could achieve deep cuts in greenhouse gases by persuading residents to leave their cars at home.

Now in its eighth year, European mobility week has caught on in other parts of the world; Seoul, Rio de Janeiro, Taipei, Montreal,

Yokohama and Quito were among 2,102 towns and cities participating in 2008 – a record number representing 220 million people in 39 countries.

The Portuguese city of Almada was noted, on a European level, for giving away public transport tickets in exchange for recyclable rubbish as part of its mobility week programme.

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Portuguese taxis fined for collecting passengers in Spain

An outcry has erupted after Spanish Guardia Civil police fined a Portuguese taxi driver over €1,000 for going across the border to collect three fishermen from La Coruña (Galicia – Spain) who wanted to go to Vila do Conde, Portugal, where they lived.

Portuguese taxi driver José Pereira was fined €1,501, which he was asked to pay on the spot or have his taxi immediately confiscated.

At the forefront of the debate is a Spanish law that does not allow Portuguese taxi drivers to

collect passengers in Spain despite there being regular sightings, which Portuguese taxi drivers allege are on a daily basis, of Spanish taxi drivers at Oporto's Sá Carneiro Airport, waiting to collect foreign nationals.

José Pereira queried "is this a Europe without frontiers".

The incident that provoked the debate occurred on Sunday when,

after picking up his passengers José Pereira was pulled over by Guardia Civil officers.

"They asked me what I was doing and I responded, quite naturally, that I had gone to fetch some clients and I was taking them home, to Portugal."

"They said it was against Spanish law and then fined me €1,501, which I had to pay then and there so my car wouldn't be confiscated".

"This is a law that I am totally unaware of and is completely absurd. I can go to France or any other European country to pick clients up, except Spain", he complained.

Another Portuguese taxi driver, Alexandrino Rodrigues, owner of the Táxis Rápidos from Valença, was also recently stopped and fined in Galicia after picking up Portuguese clients whose car had broken down across the border.

He was fined the exact same amount, €1,501.

"I was contacted by road assistance services and asked to pick the clients up, but even that was overlooked. It turned out to be a costly trip", he said.

The head of the National Passenger Vehicle Association (ANTRAL), Florêncio de Almeida, has threatened to organise a blockade if Portuguese authorities do not take action to resolve the situation.

Florêncio de Almeida said the Portuguese Government "must put pressure on the Spanish Government" to eliminate a scenario of dual criteria, a situation that has, over the past three months, resulted in the confiscation of three Portuguese taxis by Galician police.

The current situation is thought to be caused by the need to harmonise Portuguese and Spanish laws.

"What we are looking to do is to agree that we can go and pick up Portugal-bound clients in Spain, or they can not come here, and our intention is to seal off the border to Spanish taxis until the situation is resolved", said the head of ANTRAL.

Number of wealthy on the up

The number of rich in Portugal rose by 4,700 during the course of last year according to figures released earlier this week.

The DGCI tax bureau said this week that despite the well-documented adverse effects the crisis has had on the economy, the number of wealthy taxpayers in Portugal rose by almost 5,000 or 10.6 percent in 2008 to a total of 48,600.

The definition of "wealthy" for statistical purposes in Portugal is a taxpayer who declares earnings in excess of 100,000 euros in a year.

Portugal's *nouveau riche* declared an average of 163,000 euros in earnings, paying the state 47,900 euros in income tax.

Despite making provision to tax the nation's top earners at 42 percent of their income, Portugal's wealthy only returned 29 percent, which is explained by the fiscal benefits they managed to obtain.

EC looks to alter financial supervision systems in Europe

The European Commission has this week adopted what it terms "an important package of draft legislation" which it hopes will significantly strengthen the supervision of the financial sector in Europe.

The aim of these enhanced cooperative arrangements is to reinforce financial stability throughout the EU, to ensure that the same basic technical rules are applied and enforced consistently, to identify risks in the system at an early stage and to be able to act together far more effectively in emergency situations and in resolving disagreements among supervisors.

The legislation will create a new European Systemic Risk Board (ESRB) to detect risks to the financial system as a whole with the critical function of is-

suaging early risk warnings to be rapidly acted up on.

It will also set up a European System of Financial Supervisors (ESFS), composed of national supervisors and three new European Supervisory Authorities for the banking, securities, insurance and occupational pensions sectors.

European Commission President Durão Barroso said: "Financial markets are European and global, not only national. Their supervision must also be European and global."

"Our aim is to protect European taxpayers from a repeat of

the dark days of autumn 2008, when governments had to pour billions of euros into the banks. This European system can also inspire a global one and we will argue for that in Pittsburgh", concluded the EC chief.

According to the EC, The current financial crisis has highlighted weaknesses in the EU's supervisory framework, which remains fragmented along national lines despite the creation of a European single market more than a decade ago and the importance of pan-European institutions.



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EU budget spending for 2008 revealed

In a year marked by exceptional economic turbulence, the 2008 EU budget continued to provide stable funding without increasing the financial burden on Member States.

The 2008 financial report presented by the European Commission this week shows how a record 40 percent of the 2008 budget's €116.5 billion was invested in measures linked directly to jobs, growth and competitiveness like the €6 billion committed for new research projects (€500m more than in 2007).

Farm payments continued to fall taking 37 percent of funds, marginally less than 2007.

Presenting the EU Financial report 2008 in Brussels, Algirdas Šemeta, EU Commissioner for Financial Programming and Budgets said "2008's top spending areas in research, innovation and training for people to join the workforce are helping Europe move towards recovery."

"My priority today is to shorten the route and speed up the journey-time of these EU funds to their final destination. But much also depends on Member States, who need to do all they can to take up EU money fast and ensure quality spending."

In 2008, funds spent on competitiveness measures saw almost a 50 percent increase. Areas where competitiveness funds were committed include education (€1bn for student mobility programmes) and the EU's flagship satellite project Galileo (€1bn).

More generally, the share of overall agricultural spending decreased regarding direct payments and market interventions (€43.3bn). Rural development, environment and fisheries dropped from 10.5 percent to 10 percent, (€11.5bn). Spending on other policy areas remained con-

stant, with 1 percent for citizenship, freedom, security and justice (€1.3bn), and 5 percent for EU investment beyond Europe's borders.

Over 90 percent of the EU budget's funds or €105bn was spent directly on the ground in the EU's 27 Member States. The four biggest recipients were France, Spain, Germany and Italy, but their overall share fell from almost 48 percent to just over 45 percent (€47.3 bn).

Looking at the EU's two major policy areas, agriculture and cohesion, spending was similar to 2007. In billions, France is still the top taker of agricultural support with €10bn, ahead of Spain (€7.1bn) and Germany (€6.6bn). For cohesion funding, Greece took the biggest slice (€4.7bn), followed by Poland (€4.6bn), Spain (€4.3bn) and Italy (€3.7bn). The group of biggest receivers closed with the UK taking €3.8bn for agricultural funds and €2.1bn for cohesion, while at the same time benefiting from a €6.3bn rebate or reduction in the UK contribution to the EU budget.

Last year also saw more than half of Member States fail to exploit the full potential of the EU's structural and cohesion funds from the previous programming period (2000-2006).

The amount Member states lost out on increased slightly from €227m in 2007 to €267m for 2008. With all the cash for the previous period now committed, the average implementation rate for all 25 relevant Member States (Romania and Bulgaria joined in 2007) is 90 percent, with Cyprus having spent a mere 74 percent and Austria and Finland coming out best having executed 95 percent of all payments. Spending rates for the new programming period (2007-2013) will be available at the end of 2009.

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Portugal's bank charges amongst lowest in EU



Portugal is one of the 27 European Union member states with the lowest bank administration charges according to a report published this week by the European Commission. However, the EC was critical of the manner in which some European banks inform and advise their customers.

The EU report on financial services has this week placed Portugal fourth on the list of countries with the cheapest bank charges on current and savings accounts.

According to the publication, Portugal is singled out for being "above average" in terms of "simplicity" and "transparency" when it comes to keeping customers informed.

The charges levied on bank accounts vary from 27 euros in

Bulgaria to a maximum of 253 euros in Italy.

Portugal's average cost was found to be 45 euros per annum, and besides Bulgaria, only Belgian and Dutch banks were more competitive.

Portuguese bank customers are also amongst the most advanced in the EU, with 83 percent preferring to use the internet for their banking than going to a branch to conduct their business.

Private deposits up to €116bn

According to numbers disclosed this week by the Bank of Portugal, the amount of cash currently deposited in banks by private individuals reached 116.7 billion euros in July, a year-on-year increase of 7.18 percent.

During the month of July alone, private bank account holders opted to place 997 mil-

lion euros in the hands of their banks, with fixed deposits rising by 8.393 million euros in July.



The Chairman of Millennium bcp, Carlos Santos Ferriera, just before a press conference last May. (Photo: Lusa / António Cotrim)

Rentals overtaking real estate sales



In some districts of the country the number of properties being rented make up more than 50 percent of those that are bought to live in.

Experts confirm that the demand for rental properties is growing and in June and July it was superior to 50 percent of all property demand.

This was confirmed in a study conducted by the Portuguese Association for Real Estate Mediating Companies and Profes-

sionals (APEMIP) who analysed the national real estate market.

It concluded that in Lisbon, Oporto, Setúbal, Leiria, Braga, Faro and Évora the demand for rental properties is greater than 50 percent of the global property market in Portugal.

APEMIP believes that the growing choice of rental properties is "not only restricted to the districts of Lisbon and Oporto but is, increasingly, a common scenario across the Portuguese residential market".

According to the document the tendency has been intensifying since the second half of 2008 and in recent months has become "highly significant".

It was highlighted that the change in patterns has in fact altered "the structural balance of the real estate market" as there are now significantly fewer properties available for rent.

Rental properties make up an estimated three percent of the national property market, with rents varying between €475 and €800 per month, depending on their type and number of bedrooms.

In the metropolises of Lisbon and Oporto renting properties has always been a popular choice when finding accommodation, but APEMIP states that, in the short term, it has become a widespread option due to the current economic crisis.

The study further revealed that an estimated 70 per cent of the properties available for sale are two and three bedroom apartments with prices ranging between €1,653 and €2,000 per square metre.

In a buyers' profile, the majority of consumers seek two-bedroom apartments that range between €99,000 and €140,000, while just 25 percent of potential buyers are looking for villas.

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Zelaya's Game



Followers of the ousted President of Honduras Manuel Zelaya march in the streets of Tegucigalpa, Honduras, 16 September, during a new day of protest to ask for Zelaya's restitution. Four of the six presidential candidates agreed that the elections scheduled on 29 November are the best solution for the crisis. (Photo: EPA/Gustavo Amador/Lusa)

Let us suppose that Manuel Zelaya, the ousted former president of Honduras, is a intelligent man with a good understanding of how politics works. Then the question is: what is his game? Because he started all this.

He was removed from office three months ago in circumstances of doubtful legality. Both the Supreme Court and the Congress had demanded his removal for "repeated violations of the constitution and the law," but the way it was done – woken up by soldiers and hustled out of the country by plane – smelled more like an old-fashioned military coup.

A member of Zelaya's own Liberal Party, Roberto Micheletti, the speaker of Congress, was sworn in as interim president, and everybody promised that normal democratic service would be fully restored after the elections due on 29 November. But every non-Honduran with access to a microphone took up Zelaya's cause, from the Organisation of American States to the US State Department, and he emerged as a fully-fledged democratic martyr.

The left-wing leaders who have proliferated across Latin America in recent years were particularly supportive of Zelaya. Despite Brazilian president Luiz Inacio ("Lula") da Silva's firm denials, the suspicion lingers that Zelaya's sudden re-appearance inside the Brazilian embassy in Tegucigalpa on Monday did not come as a complete surprise to the Brazilians.

Zelaya says he hiked in from the border, dodging border guards and military checkpoints, and that is probably true. But he must have had a plan for what he would do when he reached the Honduran capital to avoid arrest (his opponents have brought corruption charges against him), and those plans probably involved the Brazilian embassy from the start.

Now he is holed up there, surrounded by the Honduran army. It's the perfect scene for a media watch that puts enormous pressure on Zelaya's opponents to make concessions – or alternatively, the ideal location for a massacre of his supporters by trigger-happy soldiers, in which case popular opinion shifts to Zelaya's side and he returns triumphantly to power.

Or at least, that is probably his plan. Am I being too cynical? Okay, let's consider the evidence.

Manuel Zelaya was in the closet before he became president. He secured the nomination of the Liberal Party, a slightly left-of-centre party which has traditionally alternated in power with the right-wing National Party, and he narrowly won the presidency in the 2006 election. But it was only after he was safely in the presidential mansion that he dropped the mask and started moving Honduras sharply left.

He restored diplomatic relations with Cuba for the first time since 1962, and signed up for Petrocaribe, the agreement by which oil-rich Venezuela sells oil to poorer countries in the region at a reduced price. He promised to join Alba, the Venezuelan-backed alternative to the free trade agreements backed by the United States. He even refused to accept an American ambassador for a time.

But he did not achieve much in practice for the Honduran poor, and he failed to build mass support for his policies. Opinion polls this year put his popular approval at only 25 percent.

Moreover, he was running out of time, since the Honduran constitution only allows presidents one term in office and his term ended this year. So he did something peculiar: he announced that there would be a non-binding referendum on creating a constituent assembly to change the constitution and allow presidents a second term.

It was peculiar because he had no legal right to hold such a referendum, nor does the Honduran constitution allow a constituent assembly to be elected for such a purpose. Even if the illegality of the process was ignored, there was no chance that it could all happen in time to let him run for a second term in the November election. In any case, his own party would refuse to re-nominate him. So what was his game?

Zelaya's only chance of holding on to power was to create a crisis that would sweep all of those considerations aside. He pressed ahead with his plans for a referendum last June even after the Supreme Court declared it illegal. When the army refused to assist in the referendum, he fired the commander-in-chief. So the Congressional and judicial authorities moved against him, although they would have been wiser just to wait him out.

Zelaya may not have foreseen the precise manner of his removal from office, but he was clearly seeking a confrontation that would destabilise the existing constitutional order. It was his only chance of staying in power.

He's halfway there. His dramatic return to the country has created semi-siege conditions in the capital, and it's unlikely that the November elections can go ahead in the circumstances. That already improves his prospects, because it drives the country beyond the usual constitutional procedures.

Zelaya has already painted himself as the democratically elected victim of a military coup, and as such he enjoys unprecedented foreign support. If his domestic opponents are stupid enough to use force, he could actually win. Judging by their past performance, they may be that stupid.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Portugal top in infant mortality reduction

Portugal has managed to record the greatest cut in its infant mortality rate over the past four decades, the European Union said this week.

According to the EU's official statistics agency Eurostat, the country has managed to slash its infant mortality rate from a figure of 64.9 deaths per thousand live births in 1965 to just 3.4 in 2007.

According to the 2009 Eurostat annual report, Portugal's infant mortality rate was almost 40 percent above the average of the other current 26 EU member states.

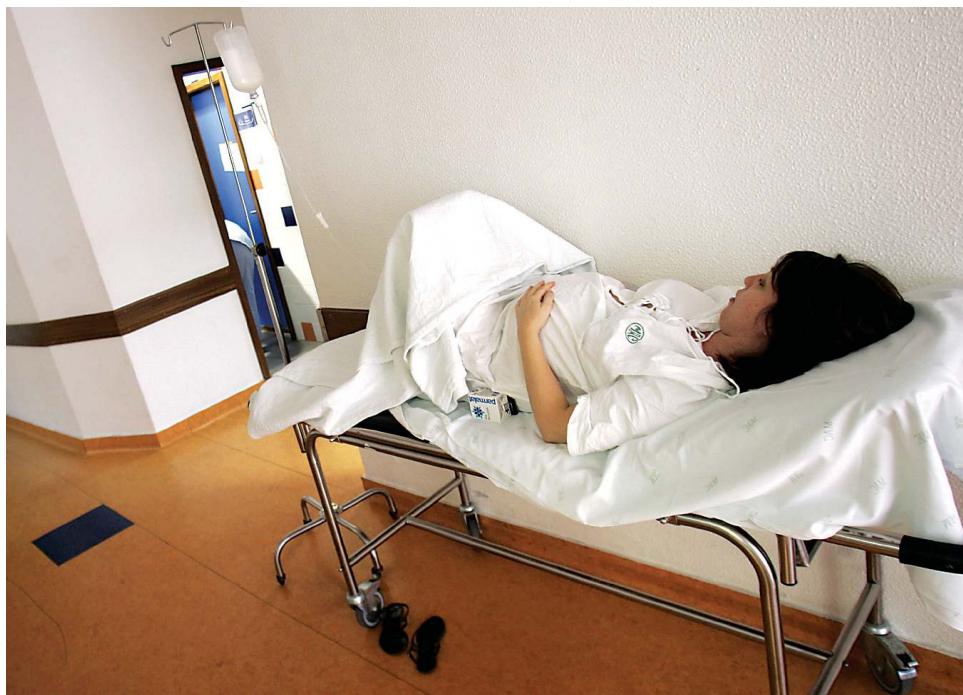
But 40 years later, Portugal is now better than most of its European partners, with its rate of 3.4 below the EU average of 4.7.

Among the 27 member states, Romania is the worst country to have a child in the EU, with a mortality rate of 12 per thousand births.

At the opposite end of the table is Luxembourg, with a rate of 1.8 deaths per thousand.

The figures released by Eurostat this week follow a recent UNICEF report which highlighted Portugal as being amongst the countries with the fewest number of deaths of children under the age of five, having improved since the organisation's last commentary on 'The World's Infant Situation'.

The last UNICEF report on infant mortality placed Portugal



at 173 on a global list of countries and their respective infant death rates.

In the same group as Portugal are 16 other countries, including Germany, Denmark, Spain, France, Japan and Norway.

In 2007, UNICEF ranked Portugal 167th on the list, with an infant mortality rate of five deaths per every 1,000 children aged five or under.

Regarding basic life statistics, Portugal was found to have an

average life expectancy of 78 years of age, and an infant mortality rate (infants under one year) of three deaths per thousand babies, which according to UNICEF is also a low figure. It has been calculated that a little

over three decades ago, 42.9 of women per every 100,000 died during labour in Portugal, that number now rests at around an annual eight women, and the infant mortality rate was 38.9 in every 1,000 newborns.

This follows a recent extensive report published by the World Health Organisation, which revealed that life expectancy in Portugal is almost ten years more than it was three decades ago.

Portuguese, from a life expectancy in the 60s back in 1976, can now expect to live to see 80, the report entitled, 'Portugal, Primary Health Care in Action 2009', revealed.

According to the organisation, this astonishing improvement in life expectancy rates is due "thanks to one of the world's most successful performances in reducing mortality".

The report also found that Portugal now has the 11th highest life expectancy rate in the world.

According to the WHO, Portugal's success is the result of developing a nationwide primary health care system.

The WHO further praises the network of health centres staffed by physicians and nurses which have progressively covered the country in recent years.

Healthcare in Portugal, which is free of charge, currently costs the state an annual sum of US\$2,034 per citizen.

Photo left: In 2008 the waiting list at one hospital grew when staff failed to turn up for their shifts, leading understandably to more complaints from patients awaiting treatment. (Photo: Lusa / Mário Cruz)

New school aims to 'upgrade' hospitality human resources

As Portuguese State Secretary for Tourism Bernardo Trindade spoke this week of how the 198 new airline routes and 156 new four and five-star hotels that have gradually opened over recent years have enhanced Portugal's tourism trade, he, along with the Mayor of Lisbon, said next for improvement was the sector's human resources.

This was the topic of a speech made during the inauguration of the new Lisbon School for Hotel Services and Tourism, during which State Secretary Trindade

said the future was to invest in "developing a strong working relationship with the private sector".

"Now we have a good product to offer, the next area to work on is improving human resources", he said, adding, "the path that Portugal must follow is to encompass tourism as a strategic activity in every part of life, and it has the unique conditions to do so".

Lisbon Mayor António Costa agreed that training human resources is essential for Portugal

to climb the ranks in the sectors of restaurants and tourism.

"Lisbon is a great tourist destination and tourism is a very important component of the city's economic base. The city has a wonderful climate, an extraordi-

nary estuary, and a light that is impossible to imitate but we must also have the human resources to serve the areas of restaurants and tourism", he said.

The new school has been re-born from the historic Machado

de Castro Industrial School, which has been thoroughly renovated and starts lessons this year.

Three buildings make up the school and comprise 15 classrooms as well as specialized spaces for teaching bar and

kitchen trades, amongst other hospitality-related subjects. It has a capacity for 500 students and will also soon home a 15-bedroom "practice hotel", altogether representing an investment of €16 million.



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The importance of Backups?

Backing up your computer's hard drive is the most important task every user needs to do on a regular basis and also one of the most neglected, because no one ever thinks that a virus, hardware failure or simply an unwitting action can entail a loss of data.

Most users think that the PC hardware, like the monitor, keyboard, mouse and computer case are the main parts of a PC system. While the PC hardware is important, the real heart of your PC is the many files stored on the hard drive. These files are what make the hardware run and do useful tasks and without them your PC would be useless.

The loss of these files can be disastrous and can be caused by: Damage to the hard drive; Electrical damage due to sudden voltage fluctuations; Fire; Flooding; Theft; Sabotage and Viruses. Most people do not understand the importance of backing-up files, only when such "accidents" occur, do the consequences become apparent.

The main reasons why many people do not carry out back-up operations can be summarized in 4 points:

People are not aware of the various backup possibilities. People have never been put in that "when it's too late" situation.

People are not aware of the procedures for implementing backups.

People believe the process of making backups is a waste of time and money.

There are generally two types of files that need to be backed up, program files and data files. It is very important that you backup both these types of files, but you will want to back them up for different reasons.

Program files include your Windows operating system and all of the application programs that you run on your PC. Without them, your computer would be useless. If your hard drive should fail without a backup, then you would have to spend days reloading all of these program files on your hard drive. This is a lot of work and you may never get your computer to run again like it did before the hard drive failed.

Data files are the files you create using the programs on your computer. These are the most important files you have

on your computer. They are the email messages you send, the documents you write, the financial records you keep, your digital photographs and music files. So, when your hard drive fails on you, you will lose all of these important data files.

Nowdays PC Hard Drives are very reliable, but they do still fail from time to time. The drive itself can suffer from mechanical failure and stop working. Program files on your hard drive can become corrupted and will no longer function. It is not a question of if your hard drive will fail; it is more a question of when it will fail.

Backing up your computer's hard drive is a fairly simple concept. To backup your hard drive, you can copy all of the files on that drive and store them on a backup storage device that you can remove from your computer. Then if anything should happen to your PC hard drive, you can put a new hard drive in your computer and copy all of these important files back to the new hard drive from your backup storage device. You can be up and running again in a matter of minutes with a good backup.

Advantages and disadvantages of backing up on external storage devices:

Today's marketplace offers a wide range of effective external storage devices.

The advantages of external storage media are to be found in their convenience and ease of use, technological development has also helped to im-

prove storage media with larger capacities and faster speeds. These devices also have several other advantages.

These external devices can be used as boot disks with Windows XP and Windows Vista as long as the motherboard supports booting from USB.

Another important advantage is the size of these USB Pen Drives which are easily transportable and accessible on any computer equipped with USB ports.

In some cases, however, you may have to install drivers to allow Windows to recognize the drive in order to read and write data to and from the Pen Drive.

On the one hand there are few disadvantages.

The security aspect if the USB Drive were to get into the wrong hands. The modern Pen



The most common backup media devices are listed below:

- Zip drives (with memory capacity from 100 to 750 MB);
- External USB Hard Drives (from 80 to 1500GB);
- CD-Rom (700 MB);
- DVD-Rom (4.7GB);
- Blue Ray (25GB)
- Jazz Drive (2GB);
- Compact flash (from 8MB to 32GB);
- SmartMedia (from 8 to 256MB);
- SecureDigital (up to 32GB);
- Multimedia card (up to 32GB);
- Memory Stick - Pen Drive (up to 64GB);
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APAA's 10th Anniversary Scruffs 2009



Daisy, winner of the 'Best in show' pedigree.



An overwhelming success with over 600 adults and lots of children, not to mention dogs, attending the show.

It was lovely to see so many different dog breeds in addition to the *rafeiros*. One of the vets present said she was delighted to see a Borzoi as previously she had only seen pictures of them.

The show raised €6,000 for the APAA which will go a long way towards helping the work of the Association.

There were over thirty trade stands at Scruffs and some of the exhibitors have already asked about booking for next year.

The APAA was delighted to welcome a film crew making a documentary about animal welfare and a TV crew from Algarve Channel 5 who were also filming the event.

The show was opened by the President of Lagoa Câmara, Dr

José Inácio Marques Eduardo who was welcomed by Verna Kinder, the founding President of the APAA.

The two judges from the Portuguese Kennel Club chose the Borzoi, Daisy, as Best in Show (Pedigree) and Norm as Best in Show (Mixed Breed). Daisy is owned by Kerry French, and Lars Rahmqvist from VIP Veterinary Clinic in Lagos is the proud owner of Norm.

The APAA is indebted to the show's main sponsor, Paws4Pets of Albufeira, who supplied all the prizes for the judging classes and InfoMyFriend of Lagos who supplied the prizes for the two agility competitions.

Photographs of the show are at: www.johnoliversphotography.com

Daisy starts with a song!



To mark the start of the sale of tickets for the The Algarveans Experimental Theatre Group's autumn show 'Daisy Pulls it Off' at the end of October, the cast are giving a short preview performance at BLIP on Saturday and Sunday this weekend.

'Daisy Pulls it Off' by Denise Degan is a tongue in cheek look at the world of a girl's boarding school in 1928. The show tells the story of Daisy Meredith, the first scholarship pupil at Grangewood School for girls and follows her and her friend Trixie Martin as they go through a se-

ries of adventures. Chock full of old time phrases such as "topping" the plot involves hidden treasure, ghastly bullies, secret passwords, dormitory pranks and lashings of hockey matches. The play should appeal to all ages from 5 to 95. The production has a cast of over 20 and is

an opportunity to showcase the talent of many of the group's younger members.

Director Chris Winstanley has lots of surprises in store for audiences at Lagoa Auditorium on 29th, 30th and 31st October 2009, he said "We want to transport the audience back in time from the moment the audience arrive at the theatre, so whilst curtain up is at 8pm, there will be entertainment from 7.30 in the theatre foyer". Rehearsals have been ongoing since April and have now resumed after a summer break.

Members of the cast will be performing some musical numbers from the show as an introduction to the British Consulates presentation at 2.50pm on Saturday and 11.50am on Sunday. Tickets will be on sale at Booth 56 at BLIP on Saturday and Sunday and are now available on line at: daisytickets@gmail.com or by calling Nikki on 91776245 or go to www.daisypullsitoff.yolasite.com for further outlets where tickets can be purchased.

For further information regarding the press release, please contact Debbie Gaines at daisyupdates@gmail.com or call her on 939070614



Some of the cast on set

Judiciary Police intervene during drug deal

Four men were arrested in the Algarve last weekend after being caught red-handed dealing with around 10,400 doses of hashish.

Judiciary Police announced the arrest of four individuals last weekend, when two foreigners were caught red-handed selling drugs to Portuguese men.

Besides the 10,400 individual doses of hashish in the foreigners' possession which were seized, officers also confiscated two vehicles, around

€1,000 originating from part of the transaction and several mobile phones used to establish contacts.

Both the foreign criminals were detained, and released pending further enquiries whilst both the Portuguese individuals are now under house arrest, and must make daily appearances at their local police station.



We need your help... Riding for the Disabled in the Algarve needs active and fun people from all language groups to assist with its project. If you would like to help in a very worthwhile way and, at the same time, meet new people, we would like to hear from you. Telephone Sandie on 919060604 or Rosemary on 964027677.

Anonymous donors double result

Rotary Club Estoi Palace International held its first Quiz Night on Wednesday 16 September at the Hotel A Colina Ludo in Almoncil.

The quiz was preceded by a delicious dinner prepared by Chef Lee Newsome.

Almost 90 people took part in the quiz divided into teams of up to seven. The question master was Rotarian Shirley Dunne who posed a series of challenging questions designed to test the general knowledge of participants. After a keenly fought but fun contest the winner was the team from Lloyd & Whyte Insurance who generously donated their prize back to club funds.

Incredibly at the end of the quiz a couple, who wished to remain anonymous, very generously offered to double the amount of money raised bringing the total to almost €2,500, much to the delight of all those present.

The Quiz Night was arranged to raise funds to enable the club to continue to purchase and deliver in excess of 500 litres of milk a month to the Casa do Povo in Estoi to supplement the diets of some families in the district. The money raised at the event was enough to ensure that this initiative would continue for at least another twelve months.

The organisers are extremely grateful to all who helped to make the evening such a success, those who participated, the numerous sponsors and donors and to those that provided raffle prizes.

A full list of sponsors can be viewed on the club's web site www.rotaryestoiipalace.org, but special thanks to the generosity of IBC, Lloyd & Whyte, Wine Mine, Good Vibrations, Direct Transport, Barringtons and to the Unicoфа cooperative who donated 120 litres of milk to the programme.

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Multi-million euro budget for 'Algarve' 2010



Next year the regional 'Algarve' summer entertainment programme could again benefit from a multi-million-euro budget, thought to be in the region of €3 million, should the new Government give its approval.

Portuguese tourists prefer the North

A preliminary conclusion from a study carried out for Turismo de Portugal, presented in Coimbra last Tuesday, has sparked criticisms as Oporto and Northern Portugal were considered the most attractive region of the country, according to Portuguese tourists.

Preliminary conclusions from the study have shown that, among the thirteen chosen tourist destinations within the country, Oporto and the Northern Portugal region is the most attractive to travel to, followed by the Douro, Algarve, Lisbon, Oporto city, Alentejo, Coastal Alentejo, Serra da Estrela, Central Portugal, Lisbon and Tagus Valley, Silver Coast, Alqueva and Leiria-Fátima.

The President for Central Portugal Tourism says "the results are very dubious", criticizing the fact that Madeira and the Azores are not included in the study, which cost Turismo de Portugal €200,000 to complete. Pedro Machado considers it impossible that Central

Portugal is more attractive than the Lisbon and Tagus Valley area, as the results have demonstrated.

He also disagreed that tourism regions that have existed for decades are put "in the same bag" as ones that are new to the tourism market: "It is comparing the incomparable" said the President. Pedro Machado was also upset with Luis Patrão, head of Turismo de Portugal, for releasing the information to both journalists and regional representatives at the same time, and not to the regional representatives first.

The variables used in the study, carried out by Brandia Central for Turismo de Portugal, to evaluate the attractiveness of each region were: urban and rural landscapes, gastronomy, friendliness of the local population, hotels, climate and cultural heritage.

The final conclusions of the study will be presented at the end of the year.

The study's purpose was to make the regions aware in which spheres they could improve their attractiveness to tourists.

Nuno Aires, head of the regional Algarve Tourism Board (ERTA) said this week that, as long as the new government does not sway the decisions of the Portuguese Tourism Board, next year the 'Algarve' programme could benefit from a €3 million budget.

Nuno Aires met with his national counterpart Luís Patrão, President of the Portuguese Tourism Board, to weigh up the results of this year's 'Algarve' programme.

Launched in 2007 the regional entertainment programme is approved in three-year periods and was re-approved this year for 2010 to 2013.

This year the programme was spread over six months and was granted a record budget of €4 million.

However, the guarantee of another three year stint will remain unconfirmed until after the upcoming legislative elections as the new Government "could change things", said Nuno Aires, who also warned that suspending the programme would be a "strategic mistake as the brand is still in the phase of consolidation".

According to Nuno Aires, in future the management of the 'Algarve' programme will be equally split between the ERTA and the Portuguese Tourism



An archive photo at the Pavilhão Atlântico in Lisbon at the opening of the 'Algarve Convida' tourism fair. (Photo: Lusa/Inácio Rosa)

Board.

He further explained that while the first three-year phases had "strong points and weak points", all those involved, the ERTA, Algarvean Town Halls, tourism

officials and organisers, "are unanimous" in classifying the programme as "positive for the region".

Still to happen this year under the 'Algarve' programme banner

is the 'Portugal Masters' golf tournament in Vilamoura, from October 15th to 18th, and the 'Superbike World Championship', in Portimão, from October 23rd to 25th.

Unemployment soars in the Algarve

The number of unemployed registering at Job Centres in the Algarve more than doubled in August, compared to the same month in 2008, with a 100.4 percent climb, becoming the region with the highest increase of unemployed in the country.

According to figures released by Job Centres (IEFP), the Algarve had an additional 8,326 registered unemployed people this August, compared to one year ago, with a total of 16,617 individuals.

Regarding July, the region had a drop of 2.6 percent of people registered at Job Centres.

Unemployment soared simultaneously in all regions of

the country in August, the most affected regions, besides the Algarve, being Madeira (50 percent increase of unemployed) and the Azores (47.9 percent).

The North continues to be the area which has the largest quota of all the country's unemployed people (45 percent), and Job Centres have recorded a 27.3 percent rise of registered citizens, reaching a total of 225,779.

In Lisbon and Tagus Valley,

where 29.7 percent of the total of unemployed are located, there were an additional 32,000 jobless people this year, showing a 27.6 percent increase.

In the Alentejo, comparing August 2008 and 2009, the number of registered unemployed rose 20.6 percent, to 17,421 people, whilst Central Portugal saw a 23 percent increase.

Fórum Algarve powers up vehicles



Faro's main shopping centre, Fórum Algarve, is the first establishment of its kind in Portugal to offer free charging for electric vehicles.

Carlos Costa, director of Fórum Algarve, explained that providing free charging for electric vehicles, called 'Watt Drive', encourages people to use environmentally friendly forms of mobility. "With this charging-point for electric cars we encourage good mobility practices" said the director, adding that a big growth in electric vehicles is predicted; the reason why the shopping centre is already offering its visitors free charging.

The 'Watt Drive' is located in the outdoor parking area, near the motorcycle parking spaces. Charging the vehicles is free of charge, but drivers must ask to use the charging-point at the information desk, during working hours.

EDP is currently developing a national charging-point network, in which the Fórum Algarve is already included. There are also some areas in Lisbon with 'Watt Drives'.

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Chiado is 39th most expensive commercial area



Commercial area of Garrett Street, in Chiado, Lisbon, August 25th 2008.
(Photo: Mario Cruz/LUSA)



The Chiado area, in Lisbon, is the 39th most expensive commercial area in the world, with monthly rental charges of €960 per square metre, according to a study released by Cushman & Wakefield.

Despite exorbitant prices, above those at Avenida da Liberdade, which rents out space for €870 per square metre, Chiado is well below the €13,000 per square metre charged on Fifth Avenue, in New York, the world's most expensive commercial area.

According to the study 'Main Streets Across the World 2009', which monitors charges in several commercial areas in sixty countries, Lisbon climbed one position compared to last year.

Cushman & Wakefield mentioned that, despite the current economic climate, high street commerce is still growing and Chiado is one of the most sought after areas at the present time,

attracting "up-and-coming retailers and already established ones."

The real estate consultant company considered the past year to be the hardest for the retail sector, with expenditure and sales dropping in many markets, but predict a recovery for the vast majority.

Over half of the prestigious areas for retailing were affected by the economic crisis, with 54% of the 274 locations studied registering a drop in rental rates, the steepest drop in the 24 years the study has been running.

The cheapest area in the world at the moment is Doughton in Santiago, Chile, with rental charges of €100 per square metre.

Parking fares reviewed in Lisbon



EMEL (Lisbon's Municipal Parking Company) intends to increase parking fares in the City centre, and reduce them in the outskirts, in order to encourage people to use public transportation and reduce the amount of cars in the City centre.

"The existing fares are profoundly wrong" said Júlio de Almeida, EMEL Chairman, whilst presenting the study that seeks to change parking fares in the City. According to data gathered from the study, Lisbon has the most expensive parking spaces (compared to other European cities) in the outskirts of the City and the cheapest in the centre. "Regarding technology, we are also behind" explained Júlio de Almeida, pointing out EMEL's recent purchase of new parking meters and introducing new methods of payment.

"We have 600,000 cars com-

ing into the City everyday and 200,000 spaces to manage" said the chairman, stressing the fact that the contracts with Lisbon Council, which brought in on average €2million each year, have ended: and EMEL will now have to find other ways of making revenue.

During the presentation of the study, EMEL signed a contract with EasyBus. This contract seeks to provide transportation for children to schools, from car parks in the outskirts, where parents can leave their cars and also make their way into the City via public transportation.

Lifts and escalators to Castle to cost a fortune



Lisbon Council recently revealed the lift and escalators to access the Colina do Castelo in the near future, will cost around €12.5 million.

During the presentation of the plans, Manuel Salgado, councillor for Urban Planning, revealed that four different routes will ease the access to Portugal's most visited monument, Lisbon's Castle. Since most of the population in the area are elderly, lifts and escalators will make the trip to the Castle effortless, with routes from Campo das Cebolas, Graça, Alfama and Martim Moniz planned. These lifts and escalators will lead to nearby subway stations and five car parking areas with 1,100 spaces in total, in Chão do Loureiro, Campo das Cebolas, Lagares Street and Coleginho.

The Councillor also revealed that the project will be divided

into two separate phases, the first of which will cost €5.5million and involve the renovation of the public areas and the installation of the mechanical features, financed by the QREN community funds. The second stage will cost €7million and will cover the parking facilities and pedestrian walkways.

"The QREN application will only be for the first phase, but the second phase will be funded by other sources, such as an application to the Tourism Fund" said Manuel Salgado.

The deadline for the presentation of the two projects is two and a half years, and the Council hopes most of the improvements will be completed within four years.

Disabled-friendly taxis in Lisbon



A public tender has been launched in Lisbon, which seeks to give fifty adapted taxis licenses to transport people with reduced mobility.

Vehicles belonging to this network must possess a lifting platform for passengers in wheelchairs, adapted safety belts, wheelchair fastening points, a badge identifying the vehicle on the front and rear windscreens, and an access door that opens more than 90%, as well as other specifications.

According to Pedro Moutinho, Municipal Traffic Director, these taxis will not be exclusive to disabled people, although they will be given priority.

"We are creating a specific market. I am convinced there will be a lot of demand" said the Director during the presentation of the public tender.

The initiative was applauded by Salvador Mendes Almeida, president of the Salvador Association, which promotes the interests of people with reduced mobility. He said there must be an integrated plan that offers similar accessibilities to the handicapped, elderly and people with pushchairs.

WRVS Car Boot Sale

A car boot sale will be held at Carcavelos Market on Saturday, September 26th, from 10am to 2pm. Join the WRVS annual car boot sale and browse for treasures!

The cost is €12 per car, payable on entrance. Toys, books, baby items, clothing, household goods and much, much more can be found at the Carcavelos Market. There

will also be hot drinks, snacks, sandwiches, delicious home made cakes and other treats available. Donations are also accepted, with all profits going to charity!

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Cascais beach bars to stay open

With the end of the summer now in sight, Cascais' beach bars are preparing to see a massive reduction in clientele, but are nevertheless staying open for the winter period.

Rui Barreto, co-owner of Bar dos Gémeos, explained the two different seasons owners encounter, from May to September (Summer) and from October to April (Winter). "Movement during the summer is more consistent, but we have to remain open all year because we have a good team and we have responsibilities towards them all year round", said the co-owner, stressing the importance of maintaining the same team to provide a quality service. "Although there are fewer clients in the winter, because of the cold, if it's sunny there is always somebody that shows up, and instead of drinking a

juice, they will drink a cup of tea" compared Rui Barreto.

Mário Mousaco, owner of an establishment amongst the São Pedro street cafés, shares the same view "In the winter the costs continue. Even if revenue falls, we have financial obligations and so it is unthinkable to close", adding that December and January are very complicated months and establishments even trade at a loss sometimes. However, Mário Mousaco excludes the possibility of closing during the tougher months, also because São Pedro beach is visited by many surfers.

Demand for Lisbon offices falls



The total amount of office space occupied by Lisbon businesses and companies covered 37,000 square metres during the first six months of this year, 65 percent less than during the same period of last year, according to consultancy company Worx.

Worx indicates that "should this be maintained it could well be the worst performance outcome for the market over the last five years in terms of new office space occupation".

Worx's Pedro Salema Garção identified "changes within the average-size business office space", as offices measuring less than 300 square metres made up 70 percent of all transactions during the first half of this year and was a drop in comparison to the previous year. But despite the lack in demand for office space, stock increased slightly.

The total area of offices in Lisbon from January to July this year was of 4.3 million

square metres, an increase of 1.4 percent in relation to the end of 2008.

Taking into account future projects (projects in development) an extra 163,000 square metres of office space will be created, mainly in the Park of Nations and the 'Western Corridor', which is home to large groups of office blocks between Lisbon and Cascais.

According to a report published in August by consultants Richard Ellis, rent for offices in 'prime' Lisbon areas fell by 2 percent in the second quarter of 2009, in comparison to the same period of 2008.

It is the first time commercial rent prices have fallen in Portugal in the last six years.

Life is too short to be depressed!

Alterapia: Clinic for Mindfulness and Cognitive Behaviour Therapy can help.

"I thought I had my life in order! Always worked hard and now ready for a life of sun and happiness in Portugal. The first couple of months were fine. We were busy organizing our house and our life here. But then I started to sleep badly, difficulty in falling asleep, waking early and not feeling rested. I became grumpy and found that the things I normally enjoyed were no longer fun, started to drink a bit more (to help me sleep and relax) but that made things worse. I visited a doctor, got some pills and they helped a bit for a while but then I was back to square one and by that time felt really miserable most of the time. By chance I read something about cognitive behaviour therapy and attended a number of sessions with Lynne van Bilsen, one of the senior therapists of Alterapia. It was a life changing experience and now we can enjoy, really enjoy our time in Portugal".

This is a typical story of a person who can benefit from cognitive behaviour therapy (CBT) and mindfulness training. A little known fact is that depression is the most common mental health problem! An even less known fact is that depression is worldwide one of the most costly health problems. It is costly in human suffering, costly in human lives and costly in health resources. Depression is just one of the many mental health problems that can be overcome effectively by CBT.

CBT is a form of psychological therapy that teaches people to start to think about their thinking. Many emotional problems like depression and anxiety but also other problems like drinking too much, anger, jealousy etc. are caused by our thinking. CBT teaches people more helpful and rational thinking styles and the end result is increased contentment and



happiness. Mindfulness is a means of observing and accepting what is occurring at the time, instead of demanding how things should be. Accepting what happens in our mind just as it is right now, with all the positives and negatives, often leads to increased confidence, calmer moods, and enhanced coping skills. Mindfulness is awareness of the moment - that is something that can be used at any time and place such as working, talking, playing, or eating. Tuning into the present moment is what mindfulness is about. Practicing mindfulness on a daily basis may not be as easy as it sounds. The therapy provides practice and support to help you to begin making changes. You will learn that with mindfulness practice you will shake off anxiety and enjoy total rest and quieten your mind. You will be refreshed and gain a broader and clearer view of life. You will develop a deeper and stronger belief in your abilities, resulting in the ability to respond more helpfully and effectively to what is happening around you. Mindfulness and CBT are both very effective in alleviating emotional and behavioural problems; they both have a strong research foundation.

Style Furnishings, 10 years 'making business work for clients'



This year Style Furnishings is celebrating 10 years of successful business, having witnessed over the past decade numerous companies coming and going, as well as thousands of clients, many of whom became good friends and loyal customers. It was based on loyal custom and positive word of mouth that the company reached new heights and survived the lulls. Its integral reputation is, to this day, a point of pride for Style Furnishings founder Elaine.

To celebrate ten successful years (and a continuing popularity) Style Furnishings is offering a 'Celebration Package' that comprises a five-foot bed made up of a 'pocket-spring' mattress and a full chenille base, with a headboard, dressing table with stool and two three-drawer chests. To find out more about the 'Celebration Package' visit Style Furnishings at the BLIP exhibition this weekend, or at the showroom in Alcantarilha, any other day during working hours.

Reflecting over the past ten years Elaine told **The Portugal News** that it is due to her clients that the business performed as well as it has.

"We always kept customer satisfaction at the forefront of our priorities. It is nice to make money but it is not only what a business is about. We recognize that without clients' acknowledgment, recommendations and loyalty we probably wouldn't be where we are now and for that I would like to thank all of our customers, past and present", she said.

Style Furnishings' success is also largely due to the handpicked product range of strong quality as well as a customer service that is of very high standards. A punctual delivery service complements all of this, covering the entire Algarve. To see more of Style Furnishings' range, which includes beds, mattresses, wall decorations and various individuals items of furniture for all living areas, visit the showroom in Alcantarilha or their stand (79/80) at BLIP.

Making the most of your pool this autumn



With summer now passing us by the swimming pool season can still be extended allowing you to enjoy the use of your pool on those sunny Algarvean days.

Based in Lagos, Pure Pools are swimming pool specialists with over 17 years experience, and cover the whole of the Algarve. The company provides an excellent service, supplying Spas; Pool Heaters; Automatic & Manual Covers and Pool Safety Fencing, all of the highest standard.

A titanium heat pump is the most reliable and ecological way to heat your swimming pool throughout the year. They are highly efficient, taking free heat from the ambient air and transferring it into the pool water. With the air defrost function they will continue heating your pool even when temperatures drop. This makes heat pumps very reliable in the cooler months.

A Pool heat pump is kind to the environment and has no greenhouse emissions. Thanks to state of the art heat transfer technology a

heat pump can be over 600% efficient. That means for every kilowatt of energy it consumes, a heat pump will transfer up to 6 kilowatts of heat into your pool water.

Installation is easy and the heaters are designed to fit in line with your current pool filtration system. The units should be installed in the open where they can draw in the maximum amount of warm ambient air.

Pool heating is our business, we have many years experience and thousands of heat pump sales in this market. With our experience and specialization we can offer sound advice to our customers and provide an excellent back up service, if necessary.

In a world of high energy consumption and wastage, we should all be aware of ecological issues. With this in mind Pure Pools always recommends installing a cover to a heated pool. We supply a comprehensive range of bubble covers and automatic slat covers with options for child safety protection readily available.

THIS WEEK'S PROFILES



Alterapia

Alterapia offers consultations from its base in Espartal (near Aljezur) or from consulting rooms in Lagos. For appointments please contact us on 910630920 or info@alterapia.pt



Pure Pools

Contact Pure Pools on (+351) 282 760 033, mobile: 919 517 868, fax: 282 760 034, info@purepools.com. www.purepools.com or call into their Lagos showroom.



Alan Gale

Denture Studio

For more information on Flexident, please contact Alan Gale Denture Studio on 282 442 302, 916 717 113 or email alan.ivor.gale@gmail.com. The Denture Studio is located near Silves and is open from Monday to Friday, during normal working hours (9am-6pm). He also does home visits.

Alan Gale Denture Studio celebrates phenomenal success of Flexident



After introducing the Flexite injection moulded denture system to the Algarve one year ago, Alan Gale has nothing but praise for the innovative denture system, which makes ordinary plastic dentures a thing of the past.

One of Flexident's biggest advantages is the fact the material is clinically unbreakable, unlike the usual plastic dentures, which break at the most embarrassing times. The composite material allows a minimal coverage of the palate and minimal thickness, all of this without losing retention. In his 35 years of denture construction, Alan Gale now stands by this product firmly, saying it is by far the biggest innovation so far; as Flexident does not require metal clasps for retention, due to the material's high flexibility, which in turn allows the technician to design the denture using the supporting tissue. You could say that Flexident is a bespoke denture system, where design is paramount because each denture is specifically designed for each pa-

tient. Chewing, obviously, places a strain on the remaining teeth, during eating, reason why great care and time is taken at the design stage, to ensure an even distribution between teeth and gums. The finished denture will look completely natural providing exceptional fit, function, comfort and appearance.

The following symptoms are signs that your dentures need checking or replaced: Sore and irritated gums, problems chewing certain foods, indigestion problems, thinning lips, sagging mouth, changes in facial features, loose/falling out when speaking or laughing, discoloration, bad taste, softening of the tissues.

Flexident dentures are made from a light, flexible thermoplastic (Flexite) and it fits comfortably over teeth and gums. It is clinically unbreakable and its uses are limitless, as it can be added to, or relined in full denture cases. Alan Gale provides extremely competitive prices as it is he who designs and constructs these remarkable dentures.

Style Furnishings



The BLIP exhibition will be held this weekend, September 26th and 27th, at the Arena pavilion in Portimão, open Sat. 10h00 - 19h00 and Sun. 11h00 - 18h00. The showroom is located at 'Porches Retail Park' on the EN 125, between Porches and the Alcantarilha roundabout (near Aqualand Water Park), open Monday - Friday, 10.30am - 5.00pm, and Saturdays 10.30am - 2.00pm, (telephone/fax: 282 322 291). E-mail: info@stylefurnishings.com. Alternatively, see website: www.stylefurnishings.com.



The Aston Martin Owners Club outside Galeria Corte-Real

On tour

Spending seven days at the Pousada in Tavira, last week an exclusive group of visitors arrived from the UK. It was the first occasion members of the Aston Martin Owners Club (AMOC) have stayed in the Algarve. Arranged by Jasper Gilbert, a sports car enthusiast based in England, he has organised three similar trips for Ferrari and TVR owners.

The fleet of nine Aston Martin's and their owners disembarked at Santander in Spain.

Driving south they overnights at the Pousada in the Portuguese royal palace at Vila Viçosa in the Alentejo.

Once in the Algarve, Simon Rose – the local AMOC representative who lives in Alcantaril – provided a detailed itinerary. Venues that were visited included Silves Castle, Adega do Cantor – Sir Cliff Richard's winery and vineyard –, Porches Pottery and Galeria Corte-Real in Paderne where the group spoke enthusiastically about their trip.

Enjoying afternoon tea served in the outdoor Café Gallery, Jas-

per outlined the reasons why he selects Portugal as a suitable destination for his trips.

"The network of roads is excellent and they are relatively quiet compared to the UK. The reliably good weather is another asset, there's great scenery and as a group everyone benefits from being in the company of other sports car enthusiasts."

A new branch, the Algarve AMOC has recently been launched and members will next meet on October 26th. For more information contact Simon Rose on 918 980 199 or e-mail simonvrose@aol.com

The AWS visit Herdade da Mingorra winery

An enthusiastic group of 40 members of the Algarve Wine Society took a day trip by coach up into the Alentejo last Wednesday to visit the Herdade da Mingorra winery near Trindade. The day was as glorious as you can get in mid-September in Portugal, and the blue sky and warm sunshine set the mood for what proved to be a most lovely day out.

Our coach took the scenic route north along the Guadiana and through Mertola, where we stopped for coffee. On our arrival we were greeted by the patron Henrique Uva (what an appropriate name for a vintner!) and his daughter Sophia, both of whom conducted us on a tour of the modern winery.

The estate comprises 1,400 hectares, of which 135 hectares are planted with vines. Almost half the plantings are as much as 30 years old and make Mingorra one of the oldest vineyards registered in the Alentejo. The current production unit, finished in 2005 by Henrique and his oenologist Pedro Hipólito, already has a substantial production of about 600,000 bottles, of which about 50% is exported. Their best known names are Alfaraz, Alfaraz Reserva, Terras d'Uva, Uvas Castas and the top



The Algarve Wine Society at lunch on the terrace

of the line Vinhas da Iras.

After the winery tour, we enjoyed a selected tasting of nine Herdade da Mingorra wines, presented by Henrique Uva. Following the tasting the party moved to the delightful terrace of the Uva's country house, where Isabel Uva had set elegant shaded tables and prepared an absolutely delicious lunch. Each course was generously accompanied by appropriate Mingorra wines. A thick and creamy spinach soup was followed by an authentic and tasty feijoada alentejana. A colourful variety of fresh fruit rounded off the meal. Coffee was served by Isabel Uva on the verandah of her house, looking out over wide Alentejo countryside with neat rows of vines stretch-

ing off to the horizon.

The next events on the AWS calendar will be a trip to Toledo and the La Mancha wine region Sept. 29th - Oct. 2nd and a tasting of the Douro wines of Quinta de la Rosa on Oct. 21st at the Quinta dos Poetas near Estoi. On November 28th we will be spending an evening with Richard Mayson and on Dec. 16th will be the Society's traditional Christmas lunch. If you are interested in having further information about the Algarve Wine Society please contact the Secretary, Larry Hampton by email: hampton@mail.telepac.pt.

Lets walk... the Alvor Estuary

Sat. September 26th

A very easy 2 hour walk through the estuary, home to many birds and if the tide is low you can see the locals collecting clams.

13.30pm start - meet at the O Aquario cafe in Mexilhoeira Grande. MG is on the EN 125 between Portimao and Lagos, as you turn into the village the cafe is just up on the right.

Lets walk... to Espargal

Wed. September 30rd

A fantastic walk of almost 3 hours with some short climbs where you are rewarded with wonderful views - not to be missed. This is a part of the Algarve that sees very few visitors, totally unspoilt!

10.00am meet in the centre of Alta Fica. Exit 11 of the A22, follow signs for Loulé. Turn left after the quarry and at the next T junction left again. Follow the road for about 10km and it will bring you to Alta Fica with cafés either side of the road.

Just come along, there is no need to book (there is a charge of €5 p/p including a donation to charity). Please bring a drink and a sense of humour. If you require more details call: Julie Statham 965 753 033 or www.portugalwalks.com



East Algarve Walks

Tuesday & Friday mornings

For more information:
913 595 868.
brian@moonlightservices.eu
www.moonlightservices.eu

St. Andrews Society Algarve Beetle Drive



Estrela do Mar Restaurant
Praia do Carvoeiro
Saturday 26th September
7 p.m.

Tickets from Kathy
Tel. 919635246

Saturday bike rides

Saturday, 26th September bike ride starts at Santa Caterina da Fonte do Bispo.

Starting Point: Santa Caterina da Fonte do Bispo is on the main São Brás to Tavira road, the N270. Turn off the road and head into the centre, there is parking by the Church. Meet here at 9.45am for a 10am start. Please call if you need clarification of the directions.

Paul will be at bikeland from 9-9.15am and can take some people and/or bikes from there if required. If you need bike hire or transport, then please contact in advance so that this can be arranged.

Ride details: This weeks ride is around 36km and is mainly on dirt tracks and tarmac. This

route has lots of variety and has a few challenging little hills, but nothing to worry about!

We pass through some beautiful quiet countryside and cycle by into Tavira where there will also be a cafe stop. An interesting and varied ride and one definitely not to be missed, I am sure that you will enjoy this ride.

Paul looks forward to seeing you on Saturday. The cost is €5 per person (no joining fee). For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, email: paul.beesley@sapo.pt, www.activityalgarve.com.

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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September to October after 2:30pm		With Clubs - 9 Holes - €32.50 18 Holes - €47.50	With Clubs - 9 Holes - €40.50 18 Holes - €57.50

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World music

A unique world event will take place on Friday, 2nd October at 8pm.

Simultaneously and all over the planet, musicians and singers will be uniting the world in a wall of sound. Their playing and vocalising will be on the note of C# and will last for all of 15 minutes. *Tune the World* is the initiative that celebrates the *World March for Peace and Nonviolence* which begins its journey in New Zealand at that moment on October 2, 2009.

The March will cover many countries in 6 continents before it arrives at its destination in the Andes Mountains (Punta de Vacas, Aconcagua, Argentina) on January 2, 2010.

In just a few months the *World March* has attracted the endorsement of millions of people, of groups believing in pacifism and nonviolence, and of renowned leaders for peace from the worlds of science, cul-

ture, and politics.

Barack Obama and the Dalai Lama are amongst the many who have signed to support us.

The movement has inspired other initiatives in more than 100 countries, and is growing at a phenomenal speed. To participate in *Tune the World* in the Algarve and to show your support for peace and nonviolence, head for the Praça da República in Tavira on 2 October at 19:00 in time for the beginning of this world event.

You might even organise your own event in your locality for this time but please let us know. We would also like to hear of any other ideas you might have for events between 2 October and 2 January.

Please contact:
tomlynbale@sapo.pt or
lynnne.booker@iol.pt Info:
www.theworldmarch.org

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Restaurants in our living room

Behind suburban front doors there is new cooking trend - home restaurants. Sarah O'Meara goes behind the scenes of new TV series Restaurant In Your Living Room to find out just what amateur cooks are serving up behind their front doors.

There's a suspicious looking man with a headset on whispering behind a large pot plant near the front door of 'Stefan's and Bonny's Place'.

"Whatever you do - don't look at the cameras," hisses my boyfriend as he rings the bell of this suburban home, turned one-off restaurant.

Whether you trust reports that so-called home restaurants, pay-as-you-go dinner parties or underground dining are the credit crunch's answer to eating out, this latest craze has spawned a TV series. And we're here to be the guinea pig customers.

Tonight, married couple Stefan (chef) and Bonny Chmelik (waitress and hostess) will demonstrate whether or not they can beat another semi-pro couple at the cooking game, as part of new reality food series Restaurant In Our Living Room.

I'm told in advance that our head chef is a qualified Chinese medicine doctor and that the meal will feed our minds and bodies, as well as our tummies.

My boyfriend is still reeling from the news that I chose this healthy, holistic, organic option over a slap-up curry and some Bollywood dancers offered elsewhere by the opposing team, but he's promised he won't fight with me in front of the cameras.

After a few rings, our hostess Bonny opens the door and the light from four camera crews pours out. We're in the entrance hall - everywhere else is full - and we're left to become acquainted with the rest of our table.

A little wait and some great pink champagne cocktails later,

Bonny reappears. Perspiring under the heat of the camera lights, she explains that the food is based on Chinese theory (Stefan is a qualified Chinese doctor).

To him and Bonny, food and medicine are pretty much the same thing and that's why our menu consists of dishes containing fantastically fresh and healthy-sounding produce like chilli-marinated beetroot, barrel-aged feta and organic fennel humus.

Stefan is clearly a talented chef and two meat-loving foodies at my table are converted to his salad bowl and five-spice tofu.

But while I'm enjoying the food, I'm less sure that Stefan's reliance on ancient philosophy, which involves balancing the five elements of fire, earth, metal, water and wood, in his cooking bears any relationship to reality.

It seems more like an old-fashioned way of saying you should season your cooking and try and eat food of more than one colour.

After we've enjoyed our three-course meal, it's time to decide the winner and we traipse outside to leave money in the box out front - the winner being the home who collects the most.

A few days after the event, I catch up with Stefan and ask about his cooking ambitions. He tells me that he doubts he'll be looking to open his own proper restaurant.

"But if I did," he says, "I think I'd want it to be like some of the restaurants in China, where they look at your tongue, diag-

nose you and then bring you food according to what you need."

Interestingly, Stefan also admits to me that this evening was a one-off, and that he doesn't operate a home restaurant.

But by the end of my evening, our table of guests agreed that if he did, we'd probably be back.

Here are a couple of Stefan's favourite recipes to get you started.

Tagine with venison

(Serves 4-6)

Intense Moroccan slow-cooked game and organic vegetable stew topped with seared venison.

2-3 venison steaks
Rabbit, half or around 400-500g of cubed flesh
One whole pork tenderloin cut into medallions 5mm thick
6 shallots, peeled and whole
3 garlic cloves, peeled and whole
1 turnip, carrot and parsnip, peeled and cubed
3 celery stalks sliced
Handful barley
Handful goji berries
8-12 dried plums, plums, figs or apricots
Handful of chestnuts
Handful almonds
1 lemon, quartered
Spices:
2tsp Garam masala
Cinnamon powder or scroll
Ginger
50g cacao, grated
10 juniper berries
2tbsp Mustard seed
2tbsp maple syrup
400ml stock
Raspberry beer or any fruit beer or red wine
1tbsp tamarind paste
Salt and pepper
Coriander leaves for garnish

Season and add flour to a bowl, toss in the flesh except for the venison, fry in a little olive oil until brown.

In a casserole or tagine pot (anything with a well-fitting lid that is oven-proof), put all the ingredients except venison in. Place the lid on well, pop in a medium oven for 2-4 hours.

For the venison: Heat a heavy frying pan, add a little oil and slap

your venison steaks on. One steak will do two people. Sear on one side for about 3 minutes then turn over and do the other side for 1-2 minutes. This should be pink in the middle. Place onto a cutting board and leave for a minute, then slice into strips about 1cm thick.

On a plate or bowl, place a nice round portion of the tagine with some of its juice, then cross two pieces of venison on top.

Ceviche plate

(Serves 4)

1 mackerel
1 salmon
1 sea bream
2 limes
2 lemons
Packet of lemon grass
1 tsp caster sugar
Brown rice vinegar
Salt
1 packet seaweed strips
Sesame seeds
1 pink grapefruit
Fresh coriander leaves

Note: Ceviche requires the best possible and freshest, sushi grade fish. Look for organic or wild fish with fresh and red gills, clear eyes and a fresh smell.

To make this popular Latin American raw fish dish, you'll need to buy three fishes and 'cook' them in citrus and flavour them with herbs and spices.

Fillet and bone the fish. With the mackerel, there is a thicker, transparent skin that must be very carefully lifted and peeled back, to reveal the silvery pattern still intact.

Slice the fish at an angle across the grain, using a ridiculously sharp knife and one slow but firm motion, about 2-4 mm thick. Place to one side.

Prepare three bowls with the different dressings:

Salmon - lime juice and zest in thin strips, lemon grass chopped, salt, pinch of caster sugar.

Mackerel - ponzu (or tamari soya sauce and lemon juice), brown rice vinegar, nori (seaweed) in strips, sesame seeds.

Sea bream - pink grapefruit segments and juice, fresh coriander leaves.

Pop the sliced fish in the relevant bowl, slosh around and leave for only 2-3 minutes, until colour starts to change. You can leave in longer if you like, so your fish get more 'cooked'.

Restaurant Briefs

The Battering Plaine in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock,

Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

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The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be no more than 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@the-news.net

We are not amused

SIR, I was appalled that Mr. Lavery could think that his letter and depraved sense of humour might amuse your readers. Can The Portugal News be so short of material for its letters page that it has to publish such tasteless rubbish?

GEORGE RUSH, Santa Barbara de Nexe

How to wash a toilet

SIR, I was firstly amused by the letter printed by the Portugal news on 12th Sept, making a joke about washing the toilet and the cat at the same time. Then I became incredibly angry. How ridiculous to write such a piece, with no footnote that this was a joke. Its totally irresponsible, and potentially fatal to suggest washing the loo with your darling cat.

I am really angry at the thought that some fools may actually try this at home, and may unwittingly drown man's second best friend. Please publish this letter to warn readers NOT to attempt this method of cleaning a toilet. I'd personally like to stick the writers head down the loo and flush it to see how he likes it.

DIANA FLYNN, Guia

How to drown a cat!

SIR, I assume Ron Lavery's letter 'How to Wash a Toilet' was a sick joke, but it was rather insensitive of you to print it following a plea for help from Goldra Animal Sanctuary. In fact, it

should never have been printed.

There are more than enough animal cruelty cases around the world without encouraging more. Sadly, there are people who will read this and think it would be great fun to give it a try, and the suffering of any cat subjected to this treatment does not bear thinking about. Perhaps Mr. Lavery's head could be used to clean his toilet?

ANN PEACHEY-HARRIS, Graciosa

War graves information

SIR, With Remembrance Day coming up in November, I wonder how many British Algarve residents are aware that there are 3 Commonwealth War Graves in the Algarve?

Able Seaman William Thomas BOYLE J/28254 RN was part of the crew of H.M.T.B "No 92". Aged 21 he drowned on 10th February 1918 and is buried in Portimão Municipal Cemetery. His parents lived in West Norwood, London. Does anyone know anything more about this young man, or ever go to visit his grave?

In World War II Flt Sgt. George Tod Wright GIBSON 977499 R.A.F. (VR) 210 Sqn. and Sgt. Gilbert Joseph ORTON 1495406 were both members of the crew of a Catalina aeroplane that exploded off the coast near Sagres on 23rd March 1943. Theirs were the only 2 bodies that were recovered and the story of the disaster is well documented. They are buried in Sagres

Cemetery. Does anyone visit them either?

It would be nice to think that these British servicemen are not forgotten.

Any further information on any of them would be gratefully received and included in an article to be published nearer Remembrance Sunday.

C.M., Cascais

Please reply by e-mail to: copy@the-news.net or post to The Editor, The Portugal News, Apartado 13, Lagoa 8401-901.

Crossing now safer

SIR, I must say how pleased I was to see this week whilst walking through Moncarapacho that the much needed coat of paint has at last been completed [on the pedestrian crossing]. I am now hoping that this will continue elsewhere, keeping pedestrians and motorists safe.

Thanks to the The Portugal News for bringing it to the attention of the Câmara.

MO MCLAUGHLIN, Moncarapacho

A few of my favourite things.... about Portugal

There are so many wonderful aspects to living in Portugal. When I first came here, it was considered a backward country, but I suppose because we didn't have shopping centres, banking systems and major roads etc. when money became available to build these, we got the best and the latest technology. And everything is still so new and well maintained.

Just try travelling to other holiday destinations throughout the world and you will find that we live in one of the best! Beautiful and idyllic.

And the thing that really enthralled me is rubbish! Compare

Portugal's collection system with that of the UK. Ours is daily (even on Sundays) and in some parts of the UK, it's once a fortnight. What a health risk and householders are expected to contribute to the sorting and collection or else their rubbish is left behind or they are fined.

Years ago in Portugal, you had to hang a plastic bag containing your rubbish on a hook outside your building so the dogs wouldn't spew it all over the road. Now we have state-of-the-art recycling islands. Beautifully designed stainless steel receptacles under which are huge containers for the rubbish to be stored underground. Much of the rubbish is collected daily and most people will be able to tell you when the rubbish carts do their rounds because they can be heard late at night and first thing in the morning. And the street cleaners in our area are a delight, well turned out and ready with a happy greeting, sometimes in English, if they think you don't speak Portuguese.

Then there's the 'Via Verde' system on the motorways. Subscribe to this and you just sail through the toll gates, the charge being immediately charged to your bank account.

Well, these are just a few things I love about Portugal, perhaps other readers would like to add to them.

VERA BASSETT, Lagoa

Let us know YOUR favourite things about Portugal. Send your letters to letters@the-news.net. No negatives please. Ed

Tight election forecast



The Sunday's general elections are expected to be one of the tightest ever contested ballots recorded in Portugal's young democracy. No party is expected to obtain an overall majority, which could force the formation of a coalition government and even result in the party with the most votes forced to act as the opposition for the next four-year mandate.

Talks behind closed doors have almost certainly been taking place amongst rival political parties in recent days as opinion polls have shown that no party will receive sufficient votes to ensure the required 116 of the 230 parliamentary seats.

The ruling Socialist Party (PS) has in most recent polls been awarded between a minimum of 32.9 percent and a maximum of 38.0 percent of the vote, which remains insufficient to obtain the 116-plus seats they have occupied in Parliament the past four and a half years.

The Social Democratic Party (PSD), after dishing out an unlikely thrashing to the PS at last June's European elections, have been forced down to earth the past three months and are now unlikely to win the most votes, Portugal's five top opinion polls are indicating.

PSD leader Manuela Ferreira Leite, known as the Iron Lady, still brings shudders to thousands of working class voters who accuse her of being obsessed with introducing belt-tightening measures. The former Finance Minister has already pledged huge cuts in government spending should she become prime minister, with the high-speed rail link with Spain top of her list of "non-essential luxuries".

But at best, the PSD are expected to lose the election by a margin of three percent, while the poll says the PS will receive 6.7 percent more ballots than their historic rivals.

The stars of the 2009 general election are set to be the Left Bloc. Liberal and more modern in their interpretation of Marxist principals still cited by Portugal's Communist Party (which remains the biggest in Europe), the Left Bloc are seemingly attracting votes from a number of sources.

First time voters, especially students struggling to pay off their loans, have always had an affinity with the Left Bloc, while former Communists have embraced change over ideologies perhaps once enforced by their anti-fascist parents.

In addition, the Socialists have, even by the admittance of some high-ranking members, let

down the leftist core of the party by moving so much to the right that many political analysts now prefer to term the PS a "centrist" party – a situation which the Left Bloc has used to its advantage, converting thousands of former socialist-voters.

The remaining two parties of note, the Communist Party (PCP) and the Christian Democrats (CDS) are expected to win between five and eight percent of the vote this Sunday.

Political commentators expect two forms of government to emerge in the wake of Sunday's polls.

Either the PS will govern with a relative majority, being forced to canvass votes from opposition parties such as the Left Bloc to ensure the passing of legislation in the coming mandate, perhaps in exchange for a greater say in how the Ministry of Labour and Welfare conducts its business.

The forming of a coalition between the PS and the Left Bloc has been widely discussed, but ideological differences are such that a joint-government would demand impossible concessions by both parties. The Left Bloc would also run the risk of alienating its loyal base by signing off legislation affecting workers' rights and not resisting further promised reform to the civil service.

The second possible outcome is that while the PSD is expected to fail in its bid to win the ballot, coupled with the absence of an overall majority for the Socialists, it will summon the CDS to form a majority coalition government – as was the case six years ago, forcing the PS into the role of an opposition party.

Portuguese for Beginners

Emília Rosendo

153

THIS LESSON:
The prepositions "para" and "por".

④ Use "para" or "por" - in the correct form *pelo(s)/ pela(s)* - to complete the sentences below.

A - olhar para/ por; sair para/ por

- Os pais saíram _____ o cinema, por isso o filho mais velho está a olhar _____ os irmãos.
- O Manuel olhou _____ o relógio e saiu apressadamente _____ o escritório.
- O gato saiu _____ a rua _____ a janela da sala.
- Aqueles turistas estão a olhar _____ o mapa.
- As pessoas saíram _____ as escadas de emergência porque o prédio estava em chamas.

B - vir para/ por; ir para/ por

- Eles vêm sempre _____ a ponte que é o caminho mais curto de casa _____ a escola.
- Ela vem finalmente _____ casa, depois de uma longa semana no hospital.
- Eles foram _____ as escadas _____ o 3º andar mas vieram _____ o rés-do-chão de elevador.

- Este autocarro vai _____ o centro da cidade?
- Os criminosos foram _____ a prisão.

C - passar para/ por

- Eu passei _____ a farmácia _____ comprar uns comprimidos.
- A nossa reunião foi adiada: passou _____ terça-feira, às 4 da tarde.
- Esta tarde passamos _____ a tua casa.

D - enviar para/ por

- Já enviaram os e-mails _____ as empresas?
- Eu costumo enviar as encomendas de Natal _____ a minha família _____ o correio normal.

E - entrar para/ por

- Os assaltantes entraram _____ o apartamento _____ a janela da cozinha.
- O paciente entrou, muito nervoso, _____ o consultório do dentista.
- Ele entrou _____ a universidade?

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will return them corrected.

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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 26 Sep 2009

PROPERTY OF THE WEEK

Fabulous villa with magnificent sea-views



This week Property of the Week showcases a stunning, spacious four-bedroom villa which has panoramic sea views that are second to none. With its own pool sat on a plot measuring over 3,000 square metres it has recently been reduced by more than 200,000 euros to be sold in an Executor's sale.

This luxury villa is located approximately one kilometre from the centre of Santa Barbara de Nexe village, in the Eastern Algarve, which has plenty of

shops, bars and restaurants. Vale do Lobo and Quinta do Lago and all their famous golf courses and beaches, as well as the vibrant towns of Almoncil

and Quarteira, are just a short drive away (approximately 15 kilometres), while Loulé is a few minutes in the car.

This means a wealth of shops,



restaurants, bars and other facilities are within easy reach.

Measuring 297 square metres, the villa has four bedrooms and four bathrooms, divided over two floors.

Outside, along with beautiful landscaped and irrigated gardens, it boasts its own pool and a *jeux de boules* area, as well as huge terraces that overlook the coastline, proving a pretty setting from which to enjoy the magnificent views. There is also an outside shower and built-in barbeque area.

Inside the property is made up of a large entrance hall, a liv-

ing room with fireplace and doors to a covered pool terrace, a dining room that also leads onto the pool terrace, a fully-fitted kitchen with breakfast bar, and a laundry room in the garage.

There are two bedrooms on the ground floor (one of which is en-suite), and two on the first floor. The two first floor bedrooms are both en-suite and one – the master bedroom – boasts a corner bath and access to a private roof terrace.

There is a separate bathroom on the ground floor and all bedrooms have fitted wardrobes.

The property is fully air-conditioned, has warm air central heating, an alarm system, satellite TV, a garage, a carport for two vehicles, a borehole and a cistern.

This property was recently reduced to €525,000 from €795,000 and will be sold in an Executor's sale.

For more information or to book a viewing, call Elly Van Hulst Real Estate Lda on: (+351) 289 842 992, fax: 289 842 986, or email: ellyvanhulst@mail.telepac.pt.

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Ref 567 Was 140.000 NOW €118.500 - Generous apartment with two bedrooms in a closed condominium with pool close to Tavira. The lounge is 30m2 and the apartment is fully furnished. Already fully equipped and ready to live in or rent out. It has satellite television and every room has air conditioning. The kitchen is large and has room to sit and eat, it is also fully equipped. There is a garage space in the next door block and a sha red roof terrace. There is a cafe, shop and restaurant a short walk away. Two minutes drive to Tavira, 5 minutes drive to the beach.

**REDUCED
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SALE**

Ref 563 Was 495.000 NOW €360.000 - Fantastic detached villa with spectacular ocean view. Only 1 km from new Golf Course Monte Rei 5 mins drive from Caela town and a further 3 to Manta Rota beautiful beach. The house is set in land of 3500m2, with garden landscaped and patio w/ large pool. Electric gates w/ video entry, woodwork in light oak, double glazing, pre installation of air conditioning, central heating, central vacuum system, alarm and solar panels. The lounge has an open fireplace, the kitchen is fully fitted not equipped, there are 3 double bedrooms and 3 bathrooms. Very reasonable price for the area, land and so close to golf.



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• Beautiful villa in the hills
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Estói
• Beautiful private villa
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• Plot 6.000m²

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Ref. V82185 - Price Reduced
Spacious 5 en suite bedroom detached villa on very quiet & residential area near Bordeira & picturesque Estói village. 6.300 sq.m. plot w/ 430 sq.m. constr. area. 2 bedroom apartm. annex to main villa. Recently refurbished to very high standard. Fitted kitchen. Alarm & surround sound sys. A/c. Large landscape garden, sw. pool & BBQ area. South facing, fabulous panoramic country & sea views. Excellent potential. Unique architecture.

Price: € 1.400.000,00



ALMANCEL
Ref. V82043 - Price Reduced
627 sq.m plot w/ 365 sq.m. constr. area nr Vale do Lobo 'Golden Triangle'. Granite floors. 4 rooms (3 en suite). Fully fitted kitchen, laundry, A/c, central vacuum & surround sound sys. Garages w/ electric gates. Games & cinema room on ground floor. 5/6 carpark. Private garden w/ salt water sw. pool & double BBQ - Summer kitchen. Hot water garden shower. South facing, partial sea view, and 5 min from beach. Alarm/CCTV. Must see to fully appreciate.

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Ref. V92511 - Rare opportunity
4 bedroom wooden chalet style villa, high quality constr. 5 mins drive to market town of Loulé. Approx. 20 mins drive to golden sandy beaches & Q4 of Lago, V. do Lobo & Vilamoura golf courses. 1.506 sq.m plot w/ 158 sq.m. constr. area. Fully fitted kitchen. Spacious landscape garden w/ poss. to build sw. pool. Garage w/ ample storage room. Borehole at 325 metres. 30m3 Cisterna. Sea & country views.

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Ref: A1348 Price: € 190,000



Quarteira
Apartment situated near the beach, composed of two bedrooms, two bathrooms, lounge with fireplace, equipped kitchen, storage with 20 sq.m. Barbecue, furnished. Communal swimming pool and garden. Construction area - 105 sq.m.

Ref: A1349 Price: € 235,000



Vilamoura
Attached villa composed of 3 bedrooms, 2 bathrooms, lounge w/ dining area & fireplace, kitchen, storage, roof terrace & carport. Terraces & BBQ. Furnished & equipped. Communal swimming pool & garden area. Const. area - 212 sq.m.

Ref: V12642 Price: € 315,000



Fonte Santa
Set on a plot of approx. 2.020 sq.m., three bedroom villa composed of two bedrooms, dining room, lounge with fireplace, equipped kitchen and terrace. Air conditioning. Swimming pool and garden. Annexes.

Ref: V12641 Price: € 650,000

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Make your garden safe

Kee your garden and your garden valuables safe and secure. Insurers are advising people to make sure their garden sheds are locked, and encouraging them to install solid gates and outdoor security lights.

"Gardens are often perceived as the home's largest 'room' - and easy targets for would-be thieves that can sometimes be overlooked when taking out home and contents insurance," says Margaret Slater, marketing manager at Congregational & General.

"We want to highlight the importance of checking cover, as many policies limit cover for contents in the open or contained in

out-buildings. For example, some objects like the latest 'must have' expensive tropical plants, or even Yorkshire stone paving, can be enticing to unwanted visitors - and may not be included in some policies."

Bill Seddon, managing director of garden security firm Gardien, says that despite a steady increase in garden theft in the last few years, people are learning very slowly about the importance of securing their items and reading the small print on their insurance policies.

"It's not just the number of garden thefts, but the variety of thefts that are on the increase, from basics like paving stones to

high-end garden antiques, expensive shrubs and trees," he says. Now's the time people are buying expensive plants to plant in their garden, and they are the easiest things to lift."

Sheds are regularly being raided for their contents, which can be lucrative for thieves if you're storing expensive bikes. "People are putting them in sheds which don't have proper locks on, and are then surprised when things go missing," says Seddon. "People housing expensive bikes should be asking the question: 'Am I happy housing a £1,500 bike in a £300 shed?'"

No item is too big for thieves to snatch, he warns. Sit-on lawnmowers, large-scale garden furniture, huge barbecues and hefty garden ornaments have all been stolen. Thieves have even been known to roll up newly-turfed lawns and take them away to be sold on.

Mr. Seddon's website, www.gardien.co.uk, sells devices such as rootball anchors, which claim to protect plants against being stolen, as well as heavy-duty shed locks, furniture anchors, metal sheds and security lights.

It also has a customised spreadsheet where you can make an inventory of the items you have and their value to find out how much your garden contents are actually worth. Most people find that they are vastly under-insured, says Seddon.

Here are some measures you can take to reduce the risk of your



Bougainvillea has long, hidden thorns, which makes this beautiful and easy-to-grow shrub ideal for growing through open fencing or atop an accessible wall for extra security.



Keep your garden furniture, lawnmower, ladders, garden tools, bicycles, etc. safe in a metal shed, less attractive than a wooden one, but more secure.

garden being raided:

:: Plant some prickly hedges such as bougainvillea, pyracantha or even holly to deter thieves, also through open fencing and atop walls to make them more difficult to climb over.

:: Install a low-cost gravel driveway or path so that you can hear visitors approaching, take pictures of valuable items in case they are stolen, and write your postcode on items such as barbecues with an ultra-violet pen so they can be tracked.

:: Get a decent lock for your garage or shed, buy some cheap blinds so opportunists can't see what's inside, and invest in motion-sensitive security lights.

:: If you have a gate to your

garden, fix a good lock and keep it locked - making it as hard as possible for intruders to enter.

:: Encourage your neighbours to check around your property and keep an ear out for any unusual or unexpected noise from your home or garden when you are away.

"Take a walk around your garden and think like a thief," says Bill Seddon. "Look at what's valuable, what's lying around, and don't fall into the trap of thinking it's too heavy to steal. Thieves walk away with [literally] tons of equipment."

Hannah Stephenson



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News for parents

One in 15 parents have reduced the amount of pocket money they give to their children during the past year.

Nearly three-quarters of those parents said they had done so because their own financial situation had deteriorated, according to a survey by credit reference agency Callcredit.

Mothers were more likely to be feeling the pinch than fathers, with 81% of mums saying they had been forced to give their children less money because of their own finances, compared with only 60% of dads.

But 13% of parents have increased their children's pocket money during the past year, with 72% saying they had done so to reflect their child's age, while 28% said the move was because of price rises.



Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Almost six in 10 pupils freely admit to using information found on the internet in their homework without even reading it, research suggests.

And 28.5% think it is an acceptable practice, even though they know it is considered plagiarism, according to a study by the Cranfield School of Management.

The study, based on 260 secondary school pupils aged from 11 to 18, found that 59.2% said they had used information on the internet in their home-

work without having read it.

The report also revealed that 29.2% of students admit to using text-message shortcuts, such as "r u ok", in their written English work.

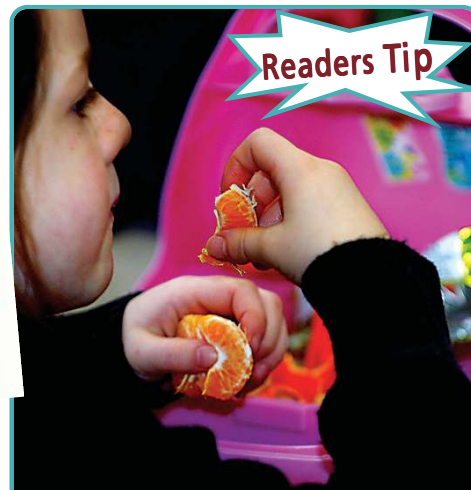
The researchers found that 20.6% of pupils spend up to six hours a day on the internet, and 16.5% spend at least three hours a day on a mobile phone.

New research shows that two-thirds of mums feel great pressure to put healthy food in their child's lunchbox.

Almost half blame their child for being too fussy (48%), while one in four (26%) say they want less

guilt about balancing items their child likes with ones deemed to be healthy.

The research by Planet Lunch found that 34% of mums have had to disguise food to get their children to eat it, whether in the form of funny vegetable faces or amazing shapes.



To take some of the stress of making the kids' school packed lunches, make a lunchbox chart

every week to plan what you're going to make and what you need to buy.

Website of the week:

www.bedwettingbuddy.com

Nappies maker Huggies is starting a new online service to help parents deal with children's bedwetting, which affects one in six five-year-olds.

It aims to dispel the myths about bedwetting through a panel of experts who feature in educational videos such as 'Understanding the mind of a child who bedwets'.

In addition, there's an assessment tool to guide parents to reasons why their child may be wetting the bed, and give them ideas to help conquer bedwetting.

The site, which is launched on September 15 and promotes Huggies' DryNites range, will also



A Screen Grab from www.bedwettingbuddy.com

host a community area in which parents can talk to other families who are also experiencing bedwetting.

Ask the Expert

Q: "My baby has eczema, and it's particularly bad on his face and hands. What may be causing it, and what's the best way of dealing with it?"



A: Margaret Cox, chief executive of the National Eczema Society, says: "Eczema is mainly an inherited condition, often linked to a family history of asthma and/or hayfever. It also has environmental triggers.

"People with eczema have a weakened skin barrier, so allergens and irritants get through the skin more easily and set up a reaction, with skin becoming red, sore and, above all, itchy.

"Looking after your baby's skin all the time is very important, use plenty of emollients (medical moisturisers) and avoid soaps and baby wipes which contain alcohol and perfumed products.

"When the eczema flares up, you may need to use a topical steroid prescribed by your GP to get it back under control. Otherwise the soreness and itching will get worse.

"It can be difficult to identify

everything that triggers your baby's eczema, and different things affect different people.

"But the main culprits include: house dust mites, which will be more prevalent if you have pets; climate/temperature (try to keep an even temperature for your baby and don't let him get too hot); and detergents and pollens.

"Cotton clothing is generally best, and avoid wool and man-made fibres that can cause overheating.

"To mark National Eczema Week (September 19-25), we're launching a new booklet on itching and scratching, with tips on how to control eczema-related itching and sleep disturbance.

"As yet we can't cure eczema, but it does respond to good management."

• For a free copy of the Itching And Scratching booklet, visit www.eczema.org.

Three ways to... help children deal with failure



1. Tell them that even their favourite sporting stars fail sometimes, but that they use the experience to help themselves do better next time.

2. Make sure they know it takes time to master a skill, and compliment them on positive aspects of what they've done.

3. Don't be critical, be supportive - share your failures with them and tell them how you bounced back.

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Fall for autumn beauty

Lisa Haynes helps update your seasonal look with the catwalk's hottest beauty trends.

Can't afford to splash out on a new winter wardrobe? Refresh your look with this season's new beauty trends, straight from the international autumn/winter catwalks.

From high knots at Louis Vuitton to Eighties frosted blue eyes at Issa, throw beauty caution to the wind and experiment with new hair and make-up concepts for some instant cool.

Kaleidoscope colour

As seen at: Marc Jacobs, Issa and Sonia Rykiel.

Shoulder pads are back in fashion and the 80s-inspired look has made it into our make-up bags

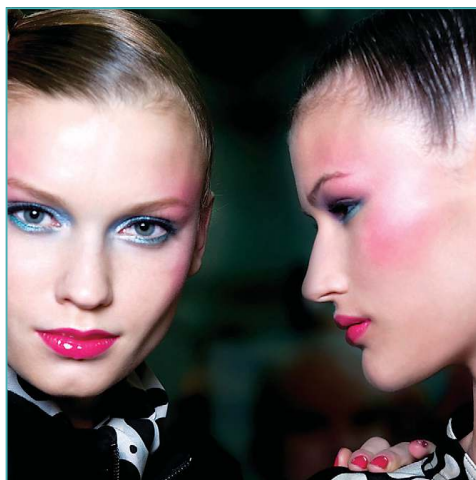
too. Think playful flashes of colour like cobalt blue, deep green, bright purple or fuchsia on eyes teamed with equally bright glossy lips.

"There is a wide variety of colour, it's whatever looks good on the girl," says Francois Nars, founder and creative director of NARS Cosmetics who was behind the Marc Jacobs show showcasing 65 different make-up looks.

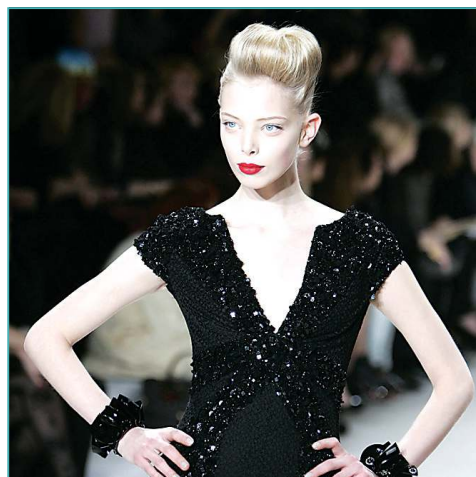
Porcelain skin was key on many of the models to allow the bright colours to pop.

Hair heights

As seen at: Louis Vuitton, Jean Paul Gaultier, and Elie Saab.



Kaleidoscope colour seen on models for Issa during London Fashion Week



Precision lips seen on model Tanya Dziahileva as she wears a creation by Lebanese fashion designer Elie Saab for his Fall-Winter 2009-2010 ready-to-wear collection in Paris.



Hair height seen on a model wearing a creation by French fashion designer Jean Paul Gaultier for his Fall-Winter 2009-2010 ready-to-wear collection presented in Paris.

Lacking in the height department? Forget the heels, the hippest new way to tower over everybody is with your hair.

Locks were piled high on top of models heads with some serious backcombing and outrageous shapes - oversized twists, exaggerated Elvis quiffs and piled-high top knots.

Don't be afraid to hold back on the hairspray - use a strong-hold spritz after back-brushing each section to give your style staying power.

Twilight eyes

As seen at: Versace, Loewe, and Anna Sui.

Put a twinkle in your eye with this season's smokey metallics. The classic rock chick eye has been given a sparkling winter makeover, as championed by Pat McGrath, Max Factor's global creative design director.

Highlights of shine are applied to various areas of the eyes to create different flattering effects, Pat explains.

"Looks such as 'twilight eyes' are really dramatic when set against a sheer flawless background," she says.

Undone tresses

As seen at: Giles, Prada and Christopher Kane.

Lived-in texture was a key look for hair on the catwalks whether it was down and loose, or up in a bun, braid or ponytail. Undone tresses should look "slightly distorted and grunged," according to Sacha Mascolo-Tarback, Toni&Guy global creative director.

"Prep the hair with volume mousse and sea salt spray and then scrunch with the hands to give a really raw and workable texture," Sascha recommends.

If you're going for an up-do, pin hair up loosely, pull sections of hair loose and rub between your fingertips for a mussed-up look.

Precision lips

As seen at: Antonio Berardi, Elie Saab and J.Mendel

Prep that pout, this season lips are taking centre stage. Look-at-me lips in bright electric red or creamy claret ruled the catwalks.

To achieve the must-have uber precise finish use a lip liner for definition. Fill with a lipstick in

the same shade, blot for staying power and re-apply and blot a second time for an intense matte effect.

International make-up artist Bobbi Brown, who created the red lip look at J.Mendel, says: "Don't feel constrained to wear red found in a lipstick tube - create your own customised lipstick by combining a red you like with a favourite neutral or brown lipstick. A red lip stain is another easy way to wear red."



Twilight eyes seen on a model for Loewe, during Paris Fashion Week.

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A coffee morning with a



Ever thought that drinking a cup of coffee could actually prevent cancer? We brew a cup for Macmillan Cancer Support, and find out why you should too.

Morning - has become a huge success.

In the past, millions have come together to brew, bake and raise money, and this year is no exception.

On Friday, September 25, over 2 million people - including actor Martin Clunes and Strictly Come Dancing's Lynda Bellingham - hope to raise £8m for Macmillan.

The premise is simple: participants host a tea party at home or at the office, anywhere where coffee and cakes can be served and guests are asked to make a small contribution. Those donations are then sent to the UK charity, which began almost 100 years ago, to support its ambition to help everyone affected by cancer.

Men Behaving Badly TV star Martin Clunes, who lost his fa-

ther to lung cancer, when the actor was 8 years old, plans to host his own coffee morning at home in Dorset.

"I've been doing the World's Biggest Coffee Morning for seven-odd years now," he says.

"It's basically just an opportunity for people who'd like to help to arrange a coffee morning of any description, invite their friends round for coffee or biscuits and send the proceeds to Macmillan Cancer Support. Give people a chance and they'll do what they can to help, it always happens doesn't it?"

The truth about cancer

Two million people in the UK are currently living with cancer, according to Cancer Research UK, with one in three people ex-

pected to develop some form of it during their lifetime.

Cancer rates have increased 25% since 1975 and, worryingly, rates of potentially avoidable cancers such as malignant melanoma (skin), uterine (womb) have also increased.

According to the charity, an individual's risk of developing the disease depends on factors such as age, lifestyle and genetic make-up. But half of all cancer cases diagnosed in Britain could be avoided if people made basic changes to their lifestyle, such as stopping smoking, drinking less alcohol, keeping a healthy bodyweight and avoiding excessive sun exposure, says the charity.

While it is a disease that affects all ages and all races, cancer most

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If they found a cure for cancer, hundreds of thousands of lives would be saved in Britain alone each year. But with more than 200 different types of cancer to tackle, and millions of people suffering with the disease, researchers have a huge task in front of them.

In the meantime, the best we can offer is support and advice to cancer victims and Macmillan Cancer Support offers a life-line to millions of sufferers, and their families, each year.

As sitting down with a cuppa and a biscuit is something Briton's traditionally do very well, over the last 18 years, Macmillan's annual fundraiser - the World's Biggest Coffee

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Cult fashion label PPQ, MTV presenter Alexa Chung and organic queen Jo Wood have all donated their own artistic creations to the World's Biggest Coffee Morning by creating a range of six limited edition melamine coffee trays (£25/€28 each, available from www.macmillan.org.uk/coffeeshop), with proceeds from each tray going to Macmillan.

commonly affects older people, with around 75% of cases occurring in those aged 60 and over.

Funds from the World's Biggest Coffee Morning help the charity provide practical help to

those who might find everyday tasks difficult. They also support family members and friends of those living with cancer, by providing medical care, emotional support or financial advice.

:: Brew that's good for you

You don't have to be a coffee drinker to help beat cancer. Music lovers can do their bit by picking up a DAB Revival Radio from Roberts, go online to:

www.robertsradio.co.uk, price £149.99/€166, with 25% from every 'racing green' radio sold



going to Macmillan. The charity has also joined up with sugar manufacturer Half Spoon so that 10% of every Macmillan Half Spoon sugar pack sold throughout September goes toward the charity.

Cult fashion label PPQ, MTV presenter Alexa Chung and organic queen Jo Wood have all donated their own artistic creations to the World's Biggest Coffee Morning by creating a range of six limited edition melamine coffee trays (£25/€28 each, available online from: www.macmillan.org.uk/coffeeshop), with proceeds from each tray going to Macmillan.

And if you've ever wondered when the first reported case of cancer broke out, or how survival rates have changed over the years, then Fighting Cancer with More than Medicine: A History of Macmillan Cancer Support - pictured right - (pub. by The History Press, price £25/€28), by former Macmillan deputy chief Paul Rossi, might be of interest. A percentage from every copy sold goes back to the charity, so by reading the book you'll be helping even if you can't host or attend a coffee party.

:: Strictly stars cook up a storm

Strictly star Lynda Bellingham and host Claudia Winkleman are showing their support by cooking up some sweet ideas for the coffee morning. "I absolutely love Macmillan's World's Biggest Coffee Morning," says Claudia.

Lynda can also be caught baking up her Victoria Sponge online at www.macmillan.org.uk/lynda alongside Michelin-starred chef Thierry Laborde of The Kitchen at Parsons Green.

Kate Hodal



Fighting Cancer with More than Medicine

A HISTORY OF
MACMILLAN CANCER SUPPORT

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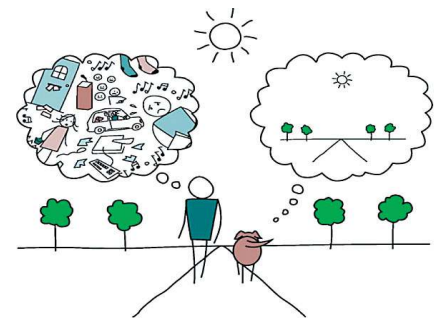
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adidas **Guess** **Lacoste** **Sting** **Gant** **D&G** **Zeiss** **Maximino Dutti**

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SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

					3		2	4
	9	1	5					
7				6	8			5
						1	7	
	6		4	7	2		5	
9	3							
5			6	9				2
				5	7	9		
2	4		8					

5								
		4		3	2			7
7			6		9		5	3
	5	2			8			
6							8	
				1		7	3	
1	8		9		6			4
9			2	7		8		
								5

				2		8	3	
				7	3		6	
9								2
						7	2	
		1	5		8	9		
	5	6						
7								1
	8		6	5				
2	9		8					

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.
(Right: Last week's solution)

S	U	P	E	R	E	U	S	E	F	U	L	L	Y
A	U	E	T	I	A	E							
L	U	M	B	A	G	O	Y	S	A	U	N	A	
I	P	C	N	Y	M	P	H	N	R				
V	I	S	I	T	Y	I	Y	O	D	E	L		
A	S	E	X	C	E	L	E	E	Y				
R	E	A	S	O	N	H	A	V	E	R			
Y	U	D	R	A	W	N	T						
J	Z	E	R	O	I	K	I	D	N	A	P		
J	I	W	O	R	R	E							
O	U	G	H	T	B	I	A	R	O	M	A		
Y	Z	T	M	A	G	O	P	C	L				
F	E	A	S	T	O	P	I	C	A	L			
U	G	H	U		L	U	E						
L	I	S	T	E	N	E	R						

Last week's solutions:

3	2	9	4	8	5	6	1	7	1	6	8	4	3	2	5	9	7	6	4	1	9	3	8	7	2	5
5	6	7	3	2	1	9	8	4	5	3	2	1	7	9	4	8	6	9	7	3	4	2	5	8	1	6
4	8	1	9	6	7	5	3	2	7	9	4	8	5	6	1	2	3	5	8	2	1	6	7	3	4	9
7	9	2	1	3	6	4	5	8	4	8	7	6	9	5	2	3	1	3	6	8	2	5	4	1	9	7
8	4	3	7	5	2	1	9	6	2	5	6	3	1	7	8	4	9	4	9	5	8	7	1	2	6	3
6	1	5	8	9	4	7	2	3	9	1	3	2	8	4	6	7	5	1	2	7	3	9	6	5	8	4
1	7	8	5	4	3	2	6	9	3	4	5	7	6	8	9	1	2	8	5	9	7	4	2	6	3	1
2	3	4	6	1	9	8	7	5	8	7	9	5	2	1	3	6	4	2	3	6	5	1	9	4	7	8
9	5	6	2	7	8	3	4	1	6	2	1	9	4	3	7	5	8	7	1	4	6	8	3	9	5	2

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

A	5	1	24	15	14	16	23	15	10	8	4	24	16	16	N
B	13		4		1		11		5		4		4	19	O
C	26	4	25	5	11		26	24	4	5	24	25	14	16	P
D	1		5		5	12	4		19		19		16	25	Q
E	11	20	1		4		5	7	16	24	16	18	4	24	R
F	5		19		24		4		16		2		4		S
G	11	26	16	6	5	24	25	10		11	17	25	15	12	T
H		2		4		7		4		16		1		14	U
I	18	15	1	24	2	13		19	4	12	15	14	15	13	V
J		22		9		10		13			8		21		W
K	5	15	3	1	14	16	24	10	13		1	4	12	19	X
L	1		13		1		4		15	19	14		6	6	Y
M	15	2	2	1	9	15	5	4	24		1	24	15	5	Z

PC SURGERY PRIZE CROSSWORD

1		2		3		4		5		6					
7						8									
9									10					11	
						12	13								
						14									
15									16						
														17	
18									19			20			
21												22			

ACROSS

- Maritime (5)
- Elusive (7)
- N.African port (7)
- Conjecture (5)
- Judge (10)
- Workers' association (5,5)
- Proportion (5)
- Tread forcibly (7)
- Porch (7)
- Senior (5)

DOWN

- Teacher (10)
- Shun (5)
- Counter-tenor (4)
- Zodiac sign (6)
- Australian animal (8)
- Freedom (7)
- Fruit (10)
- Oratory (8)
- Command (7)
- Idea (6)
- Digging tool (5)
- Assert (4)

A free computer clean-up will be awarded to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword No. 1029, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

A	D	T	N	A	T	R	O	P	M	I	H	A	F	Y
C	M	N	O	I	T	P	E	C	X	E	U	M	Z	K
C	E	L	B	I	S	N	O	P	S	E	R	B	U	O
I	L	Q	K	Y	U	R	E	L	J	X	S	I	Y	I
D	I	D	E	H	S	I	L	O	M	E	D	T	L	C
E	R	P	Y	G	P	R	E	S	E	R	V	I	N	G
N	O	G	R	U	I	R	R	D	F	L	O	O	C	G
T	T	X	A	O	C	T	G	E	W	J	D	U	Y	B
S	S	H	U	V	I	P	E	R	M	U	R	S	K	F
S	E	O	T	N	O	I	T	A	R	E	P	O	A	K
L	H	S	S	D	U	N	G	I	A	P	M	A	C	P
R	E	C	E	S	S	I	O	N	T	P	L	B	V	S
J	N	U	M	E	R	O	U	S	F	T	X	H	E	L
N	I	R	E	N	G	I	E	R	O	F	L	X	F	R
S	Q	L	A	N	O	I	T	A	N	R	E	T	N	I

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SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Answers Crossword Nº 1028

Across: 1 Tractable; 8 Run; 9 Appreciable; 11 Chimera; 12 Ridge; 13 Avaunt; 15 Motive; 17 Wrest; 18 Coronet; 20 Ill-mannered; 22 Ass 23 Desperate.
Down: 2 Rap; 3 Theme; 4 Bridal; 5 Embargo; 6 Breadwinner; 7 Increment; 10 Philatelist; 11 Charwoman; 14 Nettled; 16 Scraps; 19 Range; 21 Eat.

Last week's winner was George Rush from Santa Barbara de Nexe

Last week's solution:



Cruising the Med from

Royal Caribbean (RCI) has some outstanding ships, and the Voyager of the Seas is no exception. This ship is slightly smaller than the Independence of the Seas which we sailed with in the Caribbean and reported on earlier this year. Smaller it might be, if only by 20 or so metres, but it is still superbly equipped, and sailing from Barcelona for a seven night trip around the Mediterranean makes a very attractive proposition for a week's break departing from a relatively near port. A more attractive option for those living in Portugal is Malaga, which will be an alternative departure port from next year, and we have arranged a special offer for readers!



The beautiful harbour at Villefranche.

Unfortunately, our trip got off to a bad start when TAP cancelled our flight to Barcelona at the last minute (literally, we had already boarded the flight when they announced that we had to disembark as the flight was now cancelled) and as a result we missed the cruise ship's departure time.

It's then that you really appreciate having booked your cruise with a company that truly cares (we booked through the Lisbon RCI representatives MELAIR) rather than a large impersonal group operator.

After our cry for help (on a Sunday) MELAIR booked us on a flight to Naples, (the ship's next port of call) found us a hotel near the port and we met the cruise as it arrived, missing only one day at sea. The ship's crew could not have been more helpful, they were expecting us at

Naples and had everything ready, even a letter in our stateroom saying how sorry they were that we had missed the Barcelona departure.

We here in Portugal are so close to the Mediterranean, and its many historic and famed destinations that ring the coast that we really shouldn't miss seeing them. Our cruise took us to Naples, Rome, Livorno, Villefranche, and Marseilles, giving us a day at each port. What could be better than a luxury 'hotel' taking you to each city, and RCI are superbly organised to give you as little or as much opportunity to see each city, either on your own, in your own time, or by organised tours. In Naples the ship docks right by the city centre, so you can walk off and it's no more than a couple of hundred metres to the city centre.

We took an afternoon trip to Pompeii which is something you really should see if you haven't done so yet. Any book you read after this visit about the Roman Empire will come alive once you have seen this superbly preserved city and felt its atmosphere and lifestyle of 2,000 years ago. No wonder it's claimed to be the second most visited historic site in the world.

In Rome, RCI now offer a private train from the docks in Civitavecchia that takes you right into the centre of Rome next to the Vatican. We opted for 'Rome on your own', which gave us a free day to enjoy the capital of Italy, simply offering us quick transport into Rome and back to the ship.

In Livorno, if you don't opt for a tour to see Pisa, Florence or the famous Cinque Terre National Park, there is an all day,

unlimited use shuttle bus service to and from city to ship (the same service is offered in Marseilles).

Perhaps one of the most beautiful sights was docking in Villefranche. We woke in the morning to look out of our stateroom window to find ourselves moored in the bay of this exquisitely preserved town which their inspired council has made sure is preserved in all its beauty.

Unlike the other stops, we were the only liner in the bay, and as far as we could understand, only one is allowed in each day. A free shuttle launch service operates throughout the day. Each of these ports are a must to visit, but ask me my favourite, and I would have to say, "Villefranche is unforgettable". We could have taken a tour to nearby Monte Carlo, Nice or Cannes, but we opted to enjoy the beautiful town itself.

And what of the ship? It's interesting to overhear other passengers conversations, and everything we heard was that the RCI group was so far ahead of its competition that there really is no comparison with most other lines (except RCI's other slightly more luxurious Celebrity Cruises, a review of which you can find on our travel pages at: www.travel-the-news.net).

Those who had tried other lines came back to RCI very quickly. Voyager of the Seas is beautifully fitted out, but it's the staff that leave such a lasting impression. Nothing is too much trouble from stateroom attendants to waiters and customer service desk staff. Every staff member you meet has a happy smile and a greeting. Surprisingly the cost of this cruise is highly competitive, depending of course what type of accommodation you choose, and there is a very wide variety available to meet most budgets. We found prices from €404 in November this year to around €700 from May to August next year for an inside stateroom for this seven night Mediterranean cruise.

If you expect to spend less time in your stateroom and enjoy the lounges, bars, swimming pools, trips and entertainment, then an inside stateroom may be worth considering. However, if you plan to spend more time in your stateroom relaxing, then you have many choices from lower deck staterooms with windows to the higher deck alternatives with a private balcony, even suites and junior suites. Whatever you choose, the staterooms are superbly fit-



The Promenade.

ted out to the highest standards all with well equipped bathrooms. The ship is 'one class' so everything is available to every passenger. Meals can be taken in the more formal dining room, a magnificent three floor restaurant with five star waiter service, to the more casual dining on the 11th floor in the Windjammer or Island Grill (with its panoramic views). These are self service restaurants, but the choices are so wide that it would be a challenge not to find something to match your appetite, whatever time of the day.

One tip is to buy a 'wine package' which comes in various

amounts of wine from five bottles to twelve. There are three qualities and the wines were of outstanding quality, and we saved around 25% off the normal wine list price. You are not restricted to one of each, but can choose from a special wine list, and if you don't finish the bottle they keep it for you for the next day. Not one wine failed to impress. This package can be ordered from your wine waiter on the first night.

You can choose the set dining times, or 'My Time' dining, choosing a table for two if you want privacy, or a shared table if you want to find new friends.



The La Scala theatre onboard the Voyager of the Seas.



An inside stateroom overlooking the Promenade.

Barcelona with RCI

Choose around 20:00 hrs if you want to catch the 21:30 hrs show in the 'La Scala' theatre. The menu is extensive, and even features a healthy options 'Vitality' menu and vegetarian dishes. If you want a really surprising meal, try the 50's style American Diner, 'Johnny Rockets', where at any moment the waiters will give an impromptu dance display, 50's style of course.

Your cruise includes all on-board meals, you only pay for wines, beers or cocktails. You can choose one of the small speciality restaurants such as

Portofino, Chops Grill or Johnny Rockets for a one-off additional supplement. Bear in mind that all prices are in US Dollars, so don't be shocked by prices, the Euro price is much lower.

The ship itself is massive, with a Main Street, the 'Royal Promenade' right down the middle, a wonderful theatre, with excellent shows every night, even an ice rink, and an ice show. Not forgetting the climbing wall, the golf and several pools, Jacuzzis and extensive sunbathing areas on several decks. You can't be bored, but you can just as easily



The RCI's Voyager of the Seas.



RCI Cruise Reader offer

A discount of up to €150

Depending on cruise duration and departure port, including Malaga, Barcelona, Oslo, Stockholm, Miami, Rome, Venice and Harwich.

OR

Free return transport from the Algarve to Malaga

on a 7 night cruise from Malaga, aboard the *Adventurer of the Seas*, cruising to Rome and the Mediterranean Islands, between 3rd July and 11th Sept. 2009: Complimentary transport aboard a luxury coach, from the Algarve, to and from the ship at Malaga

OR

Free return flights from Lisbon to Malaga

(does not include taxes, or transport from the airport to the ship)

PLUS

COMPLIMENTARY CHAMPAGNE

Readers of *The Portugal News*, who book through the RCI agent in Lisbon, a **COMPLIMENTARY BOTTLE OF CHAMPAGNE** will be waiting for you in your stateroom, getting your cruise off to a great start!

(Price 'Guarantee') - If the price of your booked stateroom becomes lower up to 49 days (for cruises up to 8 nights) and 59 days (for cruises 9+ nights) before departure, or a better class of stateroom becomes available at an equal price, RCI Lisbon will assist in taking full advantage of the new price. Important note: the saving must be greater than the discounted October offer to take advantage of this price as the change to new reservations will not transfer the discount offered for October.)

RCI Lisbon (Melair) will be happy to explain, in English, the exact details of this offer.

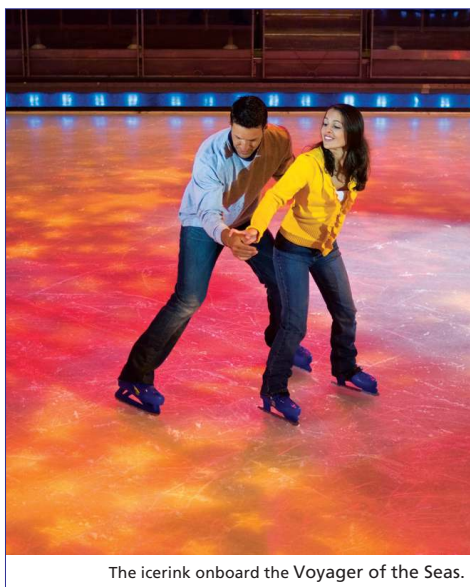
Reservations to be made through Melair, Lisbon, e-mail: apoiaocliente@melair.pt between 1st and 31st October 2009 to be valid for this offer. Tel 210 329 416.

be quiet and private.

This class of RCI Ship is large, entertaining 3,100 passengers. However the *Independence of the Seas* accommodates up to 3,500 passengers and their new ship *Oasis of the Seas* will be the biggest in the world, with 5,400

passengers, not a floating town, more a floating city but with all the facilities that go with it. She sets sail in mid December, and we hope to bring you a report early in the New Year. Don't miss it.

P.L.



The icerink onboard the Voyager of the Seas.

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24 SEP-30 SEP



1
Taking Woodstock
Emile Hirsch, Live Schreiber
21.20 (00.35 Thu-Sat)
Los Abrazos Rotos
Penélope Cruz, Lluís Homar
15.40-18.30
The Ugly Truth
Katherine Heigl, Gerard Butler
13.10
2
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
14.25-17.40-21.00 (00.05 Thu-Sat)
Up
Animation PV
(10.50 Sat & Sun)
3
Ice Age 3: Dawn of the Dinosaurs
Animation PV
(10.45-12.55 Sat & Sun)
My Sister's Keeper
Cameron Diaz, Abigail Breslin
14.10-16.30-18.50-21.10
Inglourious Basterds
Brad Pitt, Eli Roth
(23.30 Thu-Sat)
4
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
13.00-18.45-21.30 (00.25 Thu-Sat)
The Other Man
Liam Neeson, Antonio Banderas
16.35
5
District 9
Sharlto Copley, Jason Cope
(11.40 Sat & Sun) 14.10-16.40-19.20-21.50
(00.20 Thu-Sat)
6
The Hurt Locker
Jeremy Renner, Anthony Mackie
(12.05 Sat & Sun) 15.00-17.20-19.40 (00.10
Thu-Sat)
Inglourious Basterds
Brad Pitt, Eli Roth
17.45
7
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
(12.40 Sat & Sun) 15.00-17.20-19.40 (00.10
Thu-Sat)
Chéri
Michelle Pfeiffer, Kathy Bates
22.00
8
Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
(10.40 Sat & Sun)
What Just Happened
Robert DeNiro, Bruce Willis
14.45-17.05-19.25-21.45 (00.15 Thu-Sat)
9
Ponyo on the Cliff by the Sea
Animation PV
(10.00-12.20 Sat & Sun)
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
15.10-17.35-22.10 (00.35 Thu-Sat)
Chéri
Michelle Pfeiffer, Kathy Bates
20.00

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
24 SEP-30 SEP



1
Up
Animation PV
13.00-15.20
Inglourious Basterds
Brad Pitt, Eli Roth
18.10-21.10 (00.10 Fri & Sat)
2
The Final Destination 4
Bobby Campo, Shantel VanSanten
13.20-15.30-17.30-19.30-21.50 (00.05 Fri &
Sat)
3
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
13.05-15.55-18.40-21.200 (00.00 Fri & Sat)
4
The Hurt Locker
Jeremy Renner, Anthony Mackie
13.25-16.10-18.25-21.15 (23.30 Fri & Sat)
5
Taking Woodstock
Emile Hirsch, Live Schreiber
13.50-16.20-18.50-21.35 (23.50 Fri & Sat)
6
My Sister's Keeper
Cameron Diaz, Abigail Breslin
13.40-16.00-18.55-21.30 (23.55 Fri & Sat)
7
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
12.40-15.35-18.30-21.25 (00.20 Fri & Sat)
8
District 9
Sharlto Copley, Jason Cope
13.30-16.30-19.00-21.40 (00.15 Fri & Sat)
9
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
13.10-15.50-18.20-21.00 (23.40 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
24 SEP-30 SEP



1
District 9
Sharlto Copley, Jason Cope
13.10-16.10-19.00-21.40 (00.10 Fri & Sat)
2
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
13.30-16.00-18.35-21.10 (00.00 Fri & Sat)
3
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
13.20-16.20-19.10
Cleaver
Samuel L. Jackson, Eva Mendes
22.00 (00.30 Fri & Sat)
4
Up
Animation PV
13.00-15.50
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
18.50-21.50 (00.25 Fri & Sat)
5
Inglourious Basterds
Brad Pitt, Eli Roth
12.40-15.30-18.25-21.20 (00.20 Fri & Sat)
6
Los Abrazos Rotos
Penélope Cruz, Lluís Homar
12.50-15.40-18.40-21.30 (00.15 Fri & Sat)

CENTRE

LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
Chéri
Michelle Pfeiffer, Kathy Bates
The Age of Stupid
Documentary
The Longshots
Ice Cube, Keke Palmer
The Hurt Locker
Jeremy Renner, Anthony Mackie
My Sister's Keeper
Cameron Diaz, Abigail Breslin
Taking Woodstock
Emile Hirsch, Live Schreiber
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Cleaver
Samuel L. Jackson, Eva Mendes
Los Abrazos Rotos
Penélope Cruz, Lluís Homar
The Other Man
Liam Neeson, Antonio Banderas
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Ponyo on the Cliff by the Sea
Animation PV
Inglourious Basterds
Brad Pitt, Eli Roth
The Ugly Truth
Katherine Heigl, Gerard Butler
Up
Animation PV
Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
The Haunting in Connecticut
Virginia Madsen, Martin Donovan

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ALVALAXIA
TEL: 21 754 9000
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
Chéri
Michelle Pfeiffer, Kathy Bates
The Age of Stupid
Documentary
Red Cliff
Tony Leung, Takeshi Kaneshiro
The Hurt Locker
Jeremy Renner, Anthony Mackie
Push
Chris Evans, Dakota Fanning
My Sister's Keeper
Cameron Diaz, Abigail Breslin
What Just Happened
Robert DeNiro, Bruce Willis
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Cleaver
Samuel L. Jackson, Eva Mendes
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
Inglourious Basterds
Brad Pitt, Eli Roth
The Ugly Truth
Katherine Heigl, Gerard Butler
Up
Animation PV
PV = Portuguese Version
OV = Original Version



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AMOREIRAS
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24 SEP-30 SEP

The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
Chéri
Michelle Pfeiffer, Kathy Bates
The Age of Stupid
Documentary
My Sister's Keeper
Cameron Diaz, Abigail Breslin
Taking Woodstock
Emile Hirsch, Live Schreiber
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Los Abrazos Rotos
Penélope Cruz, Lluís Homar
Inglourious Basterds
Brad Pitt, Eli Roth
Up - Animation PV

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24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
The Age of Stupid
Documentary
My Sister's Keeper
Cameron Diaz, Abigail Breslin
Taking Woodstock
Emile Hirsch, Live Schreiber
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Inglourious Basterds
Brad Pitt, Eli Roth
Up
Animation PV

LUSOMUNDO
COLOMBO
TEL: 707 246362
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
The Age of Stupid
Documentary
My Sister's Keeper
Cameron Diaz, Abigail Breslin
Taking Woodstock
Emile Hirsch, Live Schreiber
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Cleaver
Samuel L. Jackson, Eva Mendes
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Inglourious Basterds
Brad Pitt, Eli Roth
The Ugly Truth
Katherine Heigl, Gerard Butler
Up
Animation PV

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EL CORTE INGLÉS
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24 SEP-30 SEP



District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
Chéri
Michelle Pfeiffer, Kathy Bates
My Sister's Keeper
Cameron Diaz, Abigail Breslin
Taking Woodstock
Emile Hirsch, Live Schreiber
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
Séraphine
Geneviève Mich, Anne Bennent
The Hurt Locker
Jeremy Renner, Anthony Mackie
Push
Chris Evans, Dakota Fanning
My Sister's Keeper
Cameron Diaz, Abigail Breslin
Taking Woodstock
Emile Hirsch, Live Schreiber
What Just Happened
Robert DeNiro, Bruce Willis
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Los Abrazos Rotos
Penélope Cruz, Lluís Homar
The Other Man
Liam Neeson, Antonio Banderas
Filth and Wisdom
Holly Weston, Eugene Hutz
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
Inglourious Basterds
Brad Pitt, Eli Roth
The Ugly Truth
Katherine Heigl, Gerard Butler
Up
Animation OV
Public Enemies
Johnny Depp, Christian Bale
Blood: The Last Vampire
Gianna Jun, Allison Miller

UCI CINEMAS
FREEPORT
TEL: 707 23 22 21
24 SEP-30 SEP



District 9
Sharlto Copley, Jason Cope
The Hurt Locker
Jeremy Renner, Anthony Mackie
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Inglourious Basterds
Brad Pitt, Eli Roth
Up
Animation PV
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Hangover
Bradley Cooper, Ed Helms

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24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
The Age of Stupid
Documentary
Taking Woodstock
Emile Hirsch, Live Schreiber
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Up
Animation PV

UCI CINEMAS
DOLCE VITA TEJO
TEL: 707 23 22 21
24 SEP-30 SEP



District 9
Sharlto Copley, Jason Cope
Taking Woodstock
Emile Hirsch, Live Schreiber
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Cleaver
Samuel L. Jackson, Eva Mendes
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Inglourious Basterds
Brad Pitt, Eli Roth
Ponyo on the Cliff by the Sea
Animation PV
My Life in Ruins
Nia Vardalos, Richard Dreyfuss
The Ugly Truth
Katherine Heigl, Gerard Butler
Public Enemies
Johnny Depp, Christian Bale
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Hangover
Bradley Cooper, Ed Helms
Up
Animation

NORTH

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ARRÁBIDA SHOPPING
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24 SEP-30 SEP



District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
Chéri
Michelle Pfeiffer, Kathy Bates
Push
Chris Evans, Dakota Fanning
My Sister's Keeper
Cameron Diaz, Abigail Breslin
Taking Woodstock
Emile Hirsch, Live Schreiber
What Just Happened
Robert DeNiro, Bruce Willis
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Cleaver
Samuel L. Jackson, Eva Mendes
Los Abrazos Rotos
Penélope Cruz, Lluís Homar
The Other Man
Liam Neeson, Antonio Banderas
Crossing Over
Harrison Ford, Ray Liotta
Filth and Wisdom
Holly Weston, Eugene Hutz
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
Inglourious Basterds
Brad Pitt, Eli Roth

Ponyo on the Cliff by the Sea
Animation PV
The Ugly Truth
Katherine Heigl, Gerard Butler
Up
Animation OV
Public Enemies
Johnny Depp, Christian Bale
The Proposal
Sandra Bullock, Ryan Reynolds
The Hangover
Bradley Cooper, Ed Helms

LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
Chéri
Michelle Pfeiffer, Kathy Bates
The Hurt Locker
Jeremy Renner, Anthony Mackie
My Sister's Keeper
Cameron Diaz, Abigail Breslin
Taking Woodstock
Emile Hirsch, Live Schreiber
Los Abrazos Rotos
Penélope Cruz, Lluís Homar
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Inglourious Basterds
Brad Pitt, Eli Roth
The Ugly Truth
Katherine Heigl, Gerard Butler
Up
Animation OV
Ponyo on the Cliff by the Sea
Animation PV

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
My Sister's Keeper
Cameron Diaz, Abigail Breslin
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Inglourious Basterds
Brad Pitt, Eli Roth
Up
Animation PV
The Ugly Truth
Katherine Heigl, Gerard Butler
Passengers
Anne Hathaway, Patrick Wilson

LUSOMUNDO
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24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Hurt Locker
Jeremy Renner, Anthony Mackie
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Inglourious Basterds
Brad Pitt, Eli Roth
Up
Animation PV

LUSOMUNDO
BRAGA PARQUE
TEL: 707 246362
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
The Age of Stupid
Documentary
Push
Chris Evans, Dakota Fanning
My Sister's Keeper
Cameron Diaz, Abigail Breslin
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Inglourious Basterds
Brad Pitt, Eli Roth
The Ugly Truth
Katherine Heigl, Gerard Butler
Up
Animation PV

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
The Age of Stupid
Documentary

Taking Woodstock
Emile Hirsch, Live Schreiber
What Just Happened
Robert DeNiro, Bruce Willis
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Los Abrazos Rotos
Penélope Cruz, Lluís Homar
Inglourious Basterds
Brad Pitt, Eli Roth
Up
Animation PV

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
24 SEP-30 SEP

Push
Chris Evans, Dakota Fanning
Cleaver
Samuel L. Jackson, Eva Mendes
Crossing Over
Harrison Ford, Ray Liotta
The Final Destination 4
Bobby Campo, Shantel VanSanten
Inglourious Basterds
Brad Pitt, Eli Roth
Up
Animation PV

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Hurt Locker
Jeremy Renner, Anthony Mackie
My Sister's Keeper
Cameron Diaz, Abigail Breslin
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
Cleaver
Samuel L. Jackson, Eva Mendes
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
The Ugly Truth
Katherine Heigl, Gerard Butler
Up
Animation PV
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
My Sister's Keeper
Cameron Diaz, Abigail Breslin
Taking Woodstock
Emile Hirsch, Live Schreiber
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
The Ugly Truth
Katherine Heigl, Gerard Butler
Up
Animation PV

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362
24 SEP-30 SEP

District 9
Sharlto Copley, Jason Cope
The Girl with the Dragon Tattoo
Michael Nyqvist, Noomi Rapace
The Age of Stupid
Documentary
Push
Chris Evans, Dakota Fanning
My Sister's Keeper
Cameron Diaz, Abigail Breslin
A Esperança Está Onde Menos Se Espera
Carlos Nunes, Alcídia Vaz
The Final Destination 4
Bobby Campo, Shantel VanSanten
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
Inglourious Basterds
Brad Pitt, Eli Roth
Up
Animation PV
Cleaver
Samuel L. Jackson, Eva Mendes
The Other Man
Liam Neeson, Antonio Banderas



■ OV = Original Version
■ PV = Portuguese Version

District 9 is a science fiction film directed by Neill Blomkamp and produced by Peter Jackson. The story deals with the issues of xenophobia and social segregation.

The title and premise of *District 9* were inspired by historical events that took place in South Africa during the apartheid in a residential area of Cape Town named District Six. The film was shot on location in Chiawelo, Soweto, presenting fictional interviews, news footage, and video from surveillance cameras in a mock documentary style.

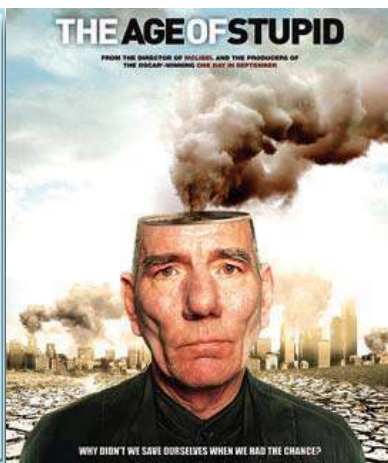
Twenty years ago, an extra terrestrial mothership appeared above the earth. Humans waited for a hostile attack or giant advances in technology. Instead they found a stranded refugee group of non-humans. The creatures were relegated to a ghetto area - District 9.



Multi-National United (MNU), a private security company has been contracted to oversee the visitors. Tension between the non-humans and the humans comes to a head when an MNU field operative, Wikus van der Merwe (Sharlto Copley), contracts a mysterious virus that begins converting his DNA. Wikus quickly becomes the most hunted man in the world, as well as the most valuable. Ostracised and friendless, there is only one place left for him to hide - District 9.

From the director of *McLibel* and the producer of *One day in September* comes a stark glimpse of our future, should we fail to arrest global warming...

By 2055, runaway climate change has ravaged our planet. Pete Postlethwaite plays the founder of The Global Archive, a storage facility located in the (now melted) Arctic, preserving all of humanity's achievements in the hope that the planet might one day be habitable again. Or that intelligent life may arrive and make use of all that we've achieved. He pulls together clips of 'archive' news and documentaries from 1950 up until 2008 to create a message showing what went wrong, and asks the question, "Why didn't we stop climate change while we had the chance?"



It is the turn of the century in Belle Époque Paris and a scandalous romp is underfoot. The sensational tale begins as the ravishing Lea (Michelle Pfeiffer) contemplates retirement from her renowned stature as Paris' most envied seductress of the rich and famous. Her plans are cut short when she is approached by a former courtesan and arch rival, the barb-throwing gossip Charlotte Peloux (Kathy Bates), who encourages Lea to teach her disaffected 19-year-old son - a bon vivant nicknamed 'Chéri' (Rupert Friend) - a thing or two about women. The resulting escapades involve power struggles over sex, money, age and society - and unexpectedly, love itself - as a boy who refuses to grow up collides with a woman who realizes she cannot stay young forever.



The Girl with the Dragon Tattoo (Original Title: *Män som hatar kvinnor*) is based on the award-winning novel of the same name by the late Swedish author and journalist Stieg Larsson, the first in his 'Millennium Trilogy'.

Mikael Blomkvist (Michael Nyqvist), a middle-aged man who writes for the magazine *Millennium*, loses a case against corrupt Swedish industrialist Hans-Erik Wennerström and is sentenced to prison.

Before beginning his prison time, he is hired by Henrik Vanger (Sven-Bertil Taube), the aged former CEO of a group of companies owned by a wealthy dynasty. Vanger wants him to solve the disappearance, forty years ago, of his great-niece when she was sixteen. Vanger is convinced she was killed by a family member. Blomkvist is ultimately helped by Lisbeth Salander (Noomi Rapace), an asocial punk who has been victimized by authorities throughout her life. By accident she meets Blomkvist and the unlikely couple become another classic detective pair where the hunters become the hunted.



Film Classification

District 9 - M/12
Cheri - M/12
The Girl with the Dragon Tattoo - M/12
The Age of Stupid - M/12
Red Cliff - M/12
The Longshots - M/12

The Hurt Locker - M/12
Push - M/12
My Sister's Keeper - M/12
Taking Woodstock - M/16
The Final Destination 4 - M/12
Cleaner - M/12
Deception - M/12

Los Abrazos Rotos - M/12
The Other Man - M/12
The Taking of Pelham 1 2 3 - M/12
Ponyo on the Cliff by the Sea - M/6
Inglorious Basterds - M/16
Up - M/6
Public Enemies - M/12

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over

HIGHLIGHTS



LISBON - October 9 at Campo Pequeno - Concert by the internationally acclaimed Brazilian singer Seu Jorge - 21h30 - Prices: €28 to €176 - Seu Jorge is back for a single concert and brings in his luggage 'America Brazil', a disk with which he won the Latin Grammy in the category MPB. The Brazilian singer crossed the borders of Brazil and won the World with the 21st century *samba* music. After performing at the legendary Hollywood Super Bowl in Los Angeles, a stage where only the world's best perform, Seu Jorge will perform once more in Portugal in a great concert at Campo Pequeno. On stage, Seu Jorge is accompanied by 12 great musicians, a *gang* that makes every concert an unforgettable party. Samba, rock, funk, soul, pop and MPB are part of the magic formula that drive audiences into delirium. A concert that is an absolute must!

ART EXHIBITION

SAT 3 OCT 3PM-9PM

Mary St. George
Vera Ross
Heather Taylor
Catherine Portal
Bartha De Kok
Jackie Arraga da Cunha
Estelle Von Montzingen
Melanie Bund
Fatima Gavinho

3rd October 2009 will see the launch of a new project in the Sintra area: 9 local artists have joined forces to create a community centre for Art in Almogademe. The Adega will house a permanent exhibition of their work and be a centre for workshops, events, classes and temporary exhibitions for visiting artists. 10% of any work sold on the day will be donated to the OAP's Club housed in the same Adega.

Almogademe

Bombarda, Sintra, Praia da Azeiteira, Praia Grande, Cascais, N 287, Sintra

Behind the Café Molinho, Patio do Zézinho, A3, Rua da Fonte, Almogademe, Sintra.

Mundo de Areia Sand World

PERA - Until Oct 22 - FIESA 2009 - 'Discoveries' - VII International Sand Sculpture Festival - The greatest Sand City in the World - Snack Bar, Shops, Bungee Jumping, Daily Sand Sculpture Activities, Magical Nights of Sound and Light, Video projections from Making of - **Prices:** Adults: €8; Children from 6 to 12 years old: €4.5; Free up to 5 years old - Special conditions for groups: 969 459 259 / 61 or fiesa@prosandart.com - **Daily Agenda:** 10h-13h/16h-20h: Free Sand Sculpture Activities for all ages: 21h-24h: Video projections with documentary images of the construction of Fiesa2009; **Sunday to Thursday:** 19h-23h Street Arts and Circus Animation; **Friday:** 21h-24h Chill Out DJ Party Festival; **Saturday:** 21h-24h DJ Sir Aiva Chill Out, Nu-Jazz or Downtempo - **How to get there:** From the highway A22 exit 8 (Algoz/Perla); From EN125, at Pera follow directions - GPS 37°07' 43.35" N / 8°19' 56.04" W - Construction site on the road to Algoz - Open daily from 10h00 to 24h00 (from 22 Sep to 22 Oct open from 10h00 to 21h00) - 969 459 259 - www.fiesa.org

ALBUFEIRA

UNTIL SEPTEMBER 28



Fund Raising Exhibition - 20 paintings by the children of Pirlampos for sale to raise funds, of which 100% goes to the Pirlampos Childrens Home - also paintings by David Haines and Armanda d'Eça of which 15% of all sales will also go to the childrens home - Donations of money and essentials, like tooth paste, soap, shampoo, rice etc. will be gratefully accepted - Municipal Art Gallery on the central square

ALMANCEL

SEPTEMBER 26

Piano concert by Sandro Ivo Bartoli included in the series 'September Concerts' - Centro Cultural São Lourenço - Wine and canapés are served from 19h00 and also during the interval - Entry: €25 for guests and non-members - 289 395 475 - www.centrocultural.saolourenco.com

UNTIL OCTOBER 1

Exhibition 'Covers and Narratives' by Carlos Barão - Centro Cultural São Lourenço - 289 395 475 - ccsal@jol.pt

FARO

SEPTEMBER 26

Concert by Madredeus & A Banda Cómica - Teatro das Figuras - 21h30 - Tickets are €15 and €20 - 289 888 100 - www.teatromunicipaldeafaro.pt

LAGOS

OCTOBER 10

Tabletop/Carboot sale - Almádena Social Centre - Lots to buy and sell from 14h00 to 17h00 - To book your pitch contact patallan@sapo.pt - 282 697 548

UNTIL SEPTEMBER 30

Exhibition of Paintings by local artists - The exhibition can be visited at the Slave Market - The artists, who all live in the Western Algarve, are Cliff Martin, Brendan West and Caroline Wood who have all exhibited in the Algarve for a number of years - They paint mainly in oils and also watercolour and mixed media - The exhibition is open from 10h00 to 20h00 - For more information, please call 968 881 725

SOUTH

DAILY

New Charity Shop in Amádena - Bridget Hicks thanks the support and loyalty of her shop ladies and all the people of Amádena over the many years - A Charity Shop with a difference in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - Lots of nearly new clothes and other items - Come for a cup of wine and a good laugh - Call Bridget Hicks for directions on 282 687 334 (LAPS - Lagos Animal Protection Society)

EVERY MONDAY

New Orleans Jazzband - free concert at Tivoli Hotel, Rua Vasco da Gama 20h30 - Details 289 591 804

LOULÉ

UNTIL OCTOBER 5

Dance of the Bears - 'Evolution' The journey of ten thousand miles begins with the first step - Dance of the Bear exhibit was created by Karl Heinz with outstanding 3D artwork of 26 artists under the theme 'Evolution' - Blank 'canvases' (bears) will be on display for artists, spectators, students to express their view on 'evolution'

MONCHIQUE

UNTIL OCTOBER 9

Collective Exhibition 'Magical Algarve' by Caroline da Costa, Christine Páris Montech, Cony Welcker, Corine Thion, Ernesto Mies, Peter de Jong and Rosário Mendes - Arte Algarve Gallery on the main square - Tue-Fri 11h00-16h00

PADERNE

DAILY

'Three-part art' Exhibition by Florence Clayette, Meinke Flessman and Clifford Martin Tuson at Galeria Corte Real - Signposted from Ferreiras, Boliqueime & Pademe - 918 980 199 / 912 737 762

SILVES

SEPTEMBER 30

Graham Cooper with Gary and Vera Aspey at Silves Cine-Theatre Club - The old Cinema, just above the Football Stadium - 20h30 - Entrance €5 - 282 330 242

TAVIRA

UNTIL SEPTEMBER 27

Tavira host Sport Zone Experience - 4,000 participants at the Sport Zone Experience - This year with new activities, workshops, demos, urban sports and the same magic - The Island of Tavira has become small for the many participants of Sports Island - Sport Zone Experience is an event promoting sport with professionalism and quality - 927 514 836 - www.cm-tavira.pt

NORTH

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: € 2; Free for children under 12 - T. 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

GUIMARÃES

UNTIL NOVEMBER 29

Painting Exhibition by Adelina Lopes - Adelina Lopes creates images from montages and association of common objects with several types of material which are strewn about in our daily lives, and in this process, the artist established a broad dialogue with the public which observes her work - 22h00 - Free entrance - Centro Cultural Vila Flor - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt



CENTRE

CASCAIS

DAILY

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

ESTORIL

UNTIL OCTOBER 5

Until Sep 28 Show 'Space Invaders'; Sep29-Oct 5 show '80 à Hora' - Arena Lounge - Also other shows, games, concerts and art - Casino Estoril - 214 667 700 - 214 825 400 - Info.estoril@estoril-sol.com

LISBON

DAILY

Influxcontemporary is a new space dedicated to African Contemporary Art - Open Wed-Sat: 14h-19h - R. Fernando Vaz, 20B - 918 501 234 - www.influxcontemporary.com

www.the-news.net

SEPTEMBER 27



Guided tour in English of the Legume Family at the Botanical Garden of the University of Lisbon at 10h00 - The Legume or Pea family, from the clover to the acacia, is one of the richest and most diversified family of plants and is the second most economically important family worldwide - explore the natural history of this amazing family of plants in a guided tour in English of the Botanical Garden of the University of Lisbon - (Tours in Portuguese September 23 at 15h00 and September 27 at 11h00) - Rua da Escola Politécnica 58 - Ticket: €4 - http://cercaladaeira.wordpress.com/gardentours

Lisbon Summer Concerts (Tickets: See details bottom page)

September 28 - Green Day / 21st Century Breakdown Tour - Pavilhão Atlântico - 20h00 - **October 10 - Diana Krall in Concert - Jazz - Campo Pequeno** - 22h00 - **October 30 - Backstreet Boys - Pavilhão Atlântico** - 21h00 - **October 31 & November 1 - Mariza in Concert in Fado Concert - Coliseu dos Recreios** - 22h00 - **November 8 - Concert by Rammstein - Sala Atlântico de Pavilhão Atlântico** - Tickets: From €33 to €42 - **December 1 - Concert by Marilyn Manson - Campo Pequeno** - 21h00 - Tickets: From €20 to €30 - **December 7 - Concert by the Prodigy - Sala Atlântico de Pavilhão Atlântico** - Tickets: From €30 to €40



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 The Hair Bakers. (R) (T) 12.00 BBC News: Weather. (T) 12.15 Football Focus. (T) 1.00 Cycling. (T) 2.00 Formula 1: The Singapore Grand Prix - Qualifying. This afternoon's session at the Marina Bay Street Circuit. (T) 4.20 Final Score. (T)

5.20 BBC News: Regional News: Weather. (T)
5.40 As Seen on TV. Diane Parish, Rufus Hound, Kate Garraway and John Craven join presenter Steve Jones and team captains Fern Britton and Jason Manford to test their knowledge of small-screen trivia. (R) (T)

6.10 Hole in the Wall. New series. Entertainment show, hosted by Anton Du Beke. (T)
6.40 Merlin. Arthur tries to enter a jousting competition anonymously. (T)

7.25 Strictly Come Dancing. Following their debut on last night's show, this week's eight competing celebrities return with a Latin routine, before the two couples with the lowest scores face each other in a dance-off. Natalie Cassidy, Richard Dunwoody, Craig Kelly, Ricky Whittle, Zoe Lucker, Laila Rouass, Phil Tufnell and Jo Wood perform either a cha-cha-cha or a rumba, with judges Len Goodman, Alesha Dixon, Craig Revel Horwood and Bruno Tonioli deciding who will follow in the footsteps of Martina Hingis and be eliminated from the contest. Presented by Bruce Forsyth and Tess Daly. The show continues next Saturday. (T)

9.05 The National Lottery Draws. Gethin Jones is live from Lottery HQ with the weekend draws, and is joined by guests the Veronicas. (T)

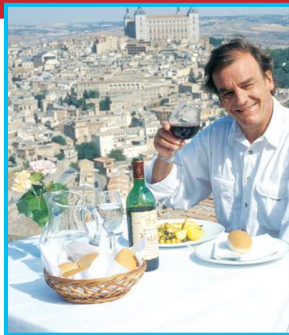
9.15 Casualty. Zoe's life is thrown into turmoil by the return of an old friend, leaving her frantically trying to correct her past mistakes. As she calls on all her charm to save a life, she may have to accept that sometimes the only thing to do is say goodbye. Starring Sunetra Sarker, with Terence Maynard and Robyn Cooper. (T)

10.05 BBC News: Weather. (T) National Lottery Update. (T)

10.25 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, including Stoke City v Manchester United and Fulham v Arsenal at Craven Cottage. The Potters have been outstanding at home since their return to the top flight last season, but United were one of the few away sides to win at the Britannia Stadium, when they triumphed 1-0 on Boxing Day. (T)

11.45 The Football League Show. Highlights of today's games. (T)

1.00 Friday Night with Jonathan Ross. (R) (T) Weathering. (T) 2.05 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.15 Dennis and Gnasher. (R) (T) 7.25 Scooby-Doo? (R) (T) 7.40 What's New Scooby-Doo? (R) (T) 8.00 Gimme a Break. (T) 8.30 TMI. (T) 10.00 My Almost Famous Family. (T) 10.30 Ed and Ocho's Excellent Inventions. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.25 Diddy Dick & Dom. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 BBC Switch: The Cut. (T) 12.25 BBC Switch: Off the Hook. (T) 12.55 BBC Switch: Chartjacks. (T) 1.00 BBC Switch: Kyle XY. (T) 1.45 Racing from Ascot. Including the 4.15 Queen Elizabeth II Stakes (Old Mile). (T) 4.35 Fred Dibnah's drama in Britain. (R) (T) 5.05 Match of the Day Live. Ipswich Town v Newcastle United (Kick-off 5.30pm). (T) 7.35 Dad's Army. Pike receives his call-up papers. (R) (T) 8.05 Lost Land of the Volcano. The New Guinea crater yields dramatic discoveries. Last in the series. (R) (T) 8.05 A Farewell to Floyd. Rick Stein, Marco Pierre White and Hugh Fearnley-Whittingstall pay tribute to fellow chef Keith Floyd, who died on September 14. (T) 9.50 Mock the Week. Dara O'Briain hosts the topical comedy quiz, with guests David Mitchell and Milton Jones joining regulars Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons. (R) (T) 10.20 The Last Nazis. (T) 11.10 FILM: Black Dog (1998). Action thriller, starring the late Patrick Swayze. (T) 12.45 FILM: Revelation (2001). British thriller, starring Terence Stamp. (T) 2.35 Inside F1. (T) 2.50 Close.

Pick of the Day

A Farewell to Floyd, BBC2, 9.05pm

In an age when many TV shows seem to feature a chef waxing lyrical about the art of cooking, there's a good bet that without Keith Floyd, many of them would never have made it onto TV in the first place. Between 1985 and 2001, Keith was the king of cookery shows, a wonderfully down-to-earth 'gastonaut' who changed the way we look at TV chefs. He got his big break on a local news show and was given the task of cooking a tasty meal on a budget. In typical Floyd style, he ignored the brief and made a lavish meal several times more expensive. Before long he wound up with his own networked BBC Two shows, waxing lyrical about fish and France, while telling the cameraman how to do his job. In a medium dominated by safe, staged 'edutainment' shows, Floyd was never afraid to do things his way. Keith Allen's recent documentary, Keith Meets Keith, proved there was a lot of love for the flamboyant chef, garnering almost a million viewers on September 14. Allen tracked him down to his home in France earlier this year, where he enjoyed no end of anecdotes from the acclaimed culinary master. Their final meal, in which Floyd proved more than a little difficult, was soon put into context when Allen revealed his hero was suffering from bowel cancer. A few hours after the show was broadcast, Keith Floyd died of a heart attack in Dorset. This show pays tribute to maverick chef who left an indelible mark on the minds and hearts of millions.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 British Formula 3 International Series. 8.00 The Morning Line. (T) 9.00 T4: Friends. (R) (T) 9.30 T4: The World's Greatest Pop Star: Britney. (R) (T) 10.30 T4: Friends. (R) (T) 11.00 T4: P. Diddy's Stormmaker. (T) 12.00 T4: Rockcorps 2009. (T) 12.25 T4: Friends. (R) (T) 12.55 T4: Scrubs. (R) (T) 1.30 T4: Scrubs. (R) (T) 2.00 Channel 4 Racing from Haydock Park, Market Rasen and Chester. Including the 3.15 Blue Square H'cap Chase (2m 6 1/2f). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 FILM: The Lord of the Rings: The Two Towers (2002). Frodo and Sam's quest to destroy the all-powerful ring becomes ever more perilous. Part two of the fantasy trilogy, with Elijah Wood and Sean Astin. (T) 10.20 Bring Back - Fame. (R) (T) 12.00 4Music Favourites: Paramore. (T) 12.30 4Music: 4Play: Filthy Dukes. (R) (T) 12.50 FILM: Midnight Express (1978). Fact-based prison drama, starring Brad Davis. (T) 3.00 FILM: Riot in Cell Block 11 (1954). Prison drama, starring Neville Brand. (T) (bw) 4.25 Reaper. (R) (T) 5.15 Countdown. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Bop Box. (R) (T) 7.10 Elmo's World. (R) (T) 7.30 The Milkshake! Show. (R) (T) 8.00 Noddy in Toyland. (T) 8.20 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.35 Rupert Bear. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Mr Men Minis. (R) (T) 9.35 Chiro. (R) (T) 9.45 Mist: Sheepdog Tales. (R) (T) 10.00 NFL. (T) 11.00 The Gadget Show. (R) (T) 12.00 Rogue Raiders. (R) (T) 12.55 FILM: Muppets from Space (1999). Family comedy, with F. Murray Abraham. (T) 2.35 FILM: Corrina, Corrina (1994). Fifties-set American drama, starring Whoopi Goldberg. (T) 4.45 Five News. (T) 4.55 FILM: Back to the Future (1985). Sci-fi comedy adventure, starring Michael J. Fox. (T) 7.10 NCIS. The team exhumes the body of a Marine. (R) (T) 8.05 NCIS. A woman is buried alive, but manages to escape - and points the way to a sabotage plot involving a bomb on a Navy ship. Sheryl Fenn guest stars. (R) (T) 9.05 CSI: NY. Three women rob a jewellery store and kill a salesman in the process, triggering an investigation that leads the team into the murky world of illicit diamond trading. (R) (T) 10.05 CSI: Crime Scene Investigation. (R) (T) 11.05 Law & Order: Special Victims Unit. (T) 12.00 SuperCasino. 4.00 The FBI Files. (R) (T) 4.45 Rough Guide to Beaches. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Supernormal. (T) 9.55 Emu. (T) 10.10 FILM: Clifford's Really Big Movie (2005). Animated adventure, with the voice of John Ritter. (T) 11.40 The Crocodile Hunter Diaries. (R) (T) 12.40 ITV News and Weather. Weather. (T) 12.45 FILM: Agatha Christie's Murder Is Easy (1982). Murder mystery, with Bill Bixby and Lesley-Anne Down. (T) 2.35 The X Factor. (R) (T) 3.50 FILM: Bean (1997). British comedy, starring Rowan Atkinson. (T)

5.30 London Tonight; Weather. (T)
5.45 ITV News and Weather. (T)
6.00 Animals Do the Funniest Things. Stephen Mulhern introduces home videos and news stories featuring the funniest members of the animal kingdom and meets the unusual creatures that live on the Isle of Man. Plus, a dog who rides rollercoasters, monkey waiters, and an elephant that fits inside a soap bubble. (T)

7.00 The Cube. Firefighter Dale Critchley from Gloucester and student Mel Smith from Lancaster compete in the game show in which contestants must complete tasks within the confines of a large transparent cube, hoping to walk away with the jackpot of £250,000. Both players have nine lives and must complete up to seven challenges, ranging from agility tests to skill trials. Hosted by Phillip Schofield. (T)
8.00 The X Factor. The first of two programmes this weekend in which the successful contestants from the past five weeks enter boot camp, which will take place in front of a live audience at London's Hammersmith Apollo. Judges Simon Cowell, Cheryl Cole, Louis Walsh and Dannii Minogue put them through their paces as the singers move another step closer to the judges' houses and the chance to perform in the live knockout stage of the competition. Hosted by Dermot O'Leary. (T)

9.15 When Piers Met Sir Cliff. To celebrate his 50th year in the music industry, Cliff Richard invites Piers Morgan to his Barbados home, where he speaks candidly about his faith, regrets and the ongoing question of his sexuality, before revisiting the modest house in Chesham, Hertfordshire, where he lived as a teenage pop star. Here he reveals the motivating factors behind his successful career, including his father's death, and talks about being reunited with the Shadows as his 70th birthday approaches. (T)

10.15 ITV News and Weather. Weather. (T)
10.30 FILM: Stepmom (1998). A photographer marries a man with children, but struggles to accept her new role as a stepmother. Family drama, with Julia Roberts and Susan Sarandon. (T)
12.45 FILM: The Accidental Tourist (1988). Romantic comedy drama. (T) 1.00 The Hurt and Geena Davis. (T) 1.30 ITV News Headlines. 2.50 Crossing Jordan. (R) (T) 3.35 ITV NightScreen.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+1630 TBA 1900 Paia Força 1945 A Voz do Cidadão 2000 News 2115 Football 2345 Carga Pesada 0300 The Tudors, series 0230 Armour of God, film 0400 Telesales 0605 Euronews
RTP2
0700 Euronews 0800 África 7 Dias 0830 Noticias de Portugal 0900 Zig Zag 1230 Film 1400 Mãe Ju 1500 Sports 1900 Entre Pratos 1930 Encompassing the Globe 2000 O Pato 2100 Os Olhos de um Gato 2155 A Hora da Sorte 2200 News 2240 Sweet Bird of Youth, film 0030 Harper, film 0230 Sports 0615 Euronews
SIC
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1015 Tween Box 1100 O Mundo de Patty 1200 Our World 1300 News 1400 Episódio Especial 1500 Film 1630 Film 1815 Film 2000 News 2130 Salve-se Quem Puder Famosos 2315 Caminho das Índias 0015 Film 0215 Quando o Telefone Toca
TVI
0700 Children TV 0930 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 Bridget Jones: The Edge of Reason, film 0230 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 The Real Hustle Las Vegas 7.10 Top Gear 8.15 The Real Hustle on Holiday 8.45 The Real Hustle on Holiday 9.15 Film: Poseidon 12 (2006) 10.45 Jack Dee Live at the Apollo 11.30 Family Guy 11.50 Family Guy 12.15 Harper's Island 1.00 Harper's Island 1.40 How Not to Live Your Life 2.10 The Real Hustle on Holiday 2.40 The Real Hustle on Holiday 3.10 Don't Tell the Bride 4.10 How Not to Live Your Life 4.40 Off the Hook 5.10 The Real Hustle Las Vegas 5.20 Close
BBC4
7.00 Ian Rankin Investigates: Dr Jekyll and Mr Hyde 8.05 Conan Doyle for the Defence 9.05 The Dark Beginnings of Sherlock Holmes 11.05 Ian Rankin's Hidden Edinburgh 12.00 New Town 1.00 Alexander McCall Smith 1.30 Conan Doyle for the Defence 2.30 Ian Rankin Investigates: Dr Jekyll and Mr Hyde 3.30 Close
ITV2
2.10 The Planet's Funniest Animals 2.40 Holiday Showdown 3.50 The Xtra Factor 4.50 Kelly Clarkson: The Hot Desk 5.00 Paris Hilton's Best American Friend Forever 5.55 Film: Small Soldiers PG (1998) 8.00 Supersize Teens: Can't Stop Eating 9.00 Calvin Harris: The Hot Desk 9.15 The Xtra Factor 10.15 Jack Osbourne: Celebrity Adrenaline Junkie 11.15 Katy Brand's Big Ass Show 11.45 Arthur's Day 2009 1.15

The X Factor 2.35 The Xtra Factor 3.30 Teleshopping 4.00 Sally Jessy Raphael 4.40 Teleshopping 5.40 ITV2 NightScreen
Sky1
1.00 Futurama 1.30 Futurama 2.00 Futurama 2.30 Futurama 3.00 Road Wars 4.00 The Real A&E 5.00 Grease: The School Musical 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 UK Border Force 9.00 The Simpsons 9.30 The Simpsons 10.00 Madonna: Sticky and Sweet - Live from Buenos Aires 12.30 Football Behind Bars 1.30 One and Other 2.25 Night Cops 3.20 Inside: Gangs Behind Bars 4.15 Australia's Deadliest Destinations 5.10 Are You Smarter Than a 10 Year Old? 7.00
GOLD
2.40 Only Fools and Horses 3.20 Only Fools and Horses 4.00 Only Fools and Horses 4.40 Only Fools and Horses 5.00 Only Fools and Horses 5.05 One Foot in the Grave 7.00 As Time Goes By 7.40 As Time Goes By 8.20 As Time Goes By 9.00 Jonathan Creek 10.20 Jonathan Creek 11.40 The Two Ronnies 12.40 Film: Envy 12 (2004) 2.30 Butterflies 3.00 Close
TCM
1.00 Easter Parade U (1948) 3.00 Meet Me in St Louis U (1944) 5.10 Tall Man Riding U (1955) 6.45 Jeremiah Johnson PG (1972) 9.00 Cool Hand Luke U (1967) 11.30 Sweet Bird of Youth U (1962) 1.50 The Screening Room 2.15 Off Set 3.00 Teleshopping 5.00 Easter Parade U (1948)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Get a Clue U (2002) Children's adventure, starring Lindsay Lohan.



MOVIES

Sky Movies Drama

6.40 Pride and Prejudice PG (2003) 8.40 Saving Sarah Cain PG (2007) 10.25 The Duellists PG (1977) 12.10 Daisy Miller U (1974) With Cybill Shepherd. 1.50 The Bucket List 12 (2008) With Jack Nicholson. 3.35 The American President 15 (1995) With Michael Douglas. 5.30 Chaplin 15 (1992) With Robert Downey Jr. 8.00 The Bucket List 12 (2008) With Jack Nicholson. 9.45 We Are Marshall PG (2006) With Matthew McConaughey. 12.00 Looking for Mr Goodbar 18 (1977) With Diane Keaton. 2.20 What's Love Got to Do with It 18 (1993) With Angela Bassett. 4.20 Loss of Faith PG (1997)

Sky Movies Comedy

6.15 35MM 6.45 Blue Streak 12 (1999) 8.25 Hairspray PG (2007) 10.25 Death Becomes Her PG (1992) 12.15 Drillbit Taylor 12 (2008) With Owen Wilson. 2.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 4.00 Hairspray PG (2007) With John Travolta. 6.00 Death Becomes Her PG (1992) With Meryl

Streep. 8.00 Drillbit Taylor 12 (2008) With Owen Wilson. 9.45 The Heartbreak Kid 15 (2007) With Ben Stiller. 11.45 Semi-Pro 15 (2008) With Will Ferrell. 1.20 Blue Streak 12 (1999) With Martin Lawrence. 3.00 Semi-Pro 15 (2008) With Will Ferrell. 4.35 The Top 10 Show 4.50 Pee-Wee's Big Adventure PG (1985)

Sky Movies Action/Thriller

6.25 The Italian Job PG (1969) 8.20 X-Men 12 (2000) 10.15 The Kingdom 15 (2007) 12.15 X-Men 12 (2000) With Hugh Jackman. 2.10 The Italian Job PG (1969) With Michael Caine. 4.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 6.00 Three Kings 15 (1999) With George Clooney. 8.00 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 10.10 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 12.15 Silver 18 (1993) With Sharon Stone. 2.10 Eastern Promises 18 (2007) With Viggo Mortensen. 3.55 Rites of Passage 15 (1998) 5.30 Point Last Seen PG (1998)

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Football League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Portsmouth v Everton (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Super League. Hull Kingston Rovers v Wigan Warriors (Kick-off 5.30pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Premiership Rugby Union 5.45 Close

Sky Sports 2

6.00 FIFA Futbol Mundial 6.30 Live Rugby Union. Hawke's Bay v Manawatu (Kick-off 6.30am). 8.30 Live ICC Champions Trophy Cricket. West Indies v Australia. 1.00 Live ICC Champions Trophy Cricket. India v Pakistan. 10.00 Golf 12.30 Spanish Football 3.30 Rugby Union 5.30 World Sport

Sky Sports 3

6.00 Tight Lines 7.00 World Sport 7.30 Live Golf. The Vivendi Trophy with Severiano Ballesteros. 5.30 Champions League Weekly 6.00 Live Premiership Rugby Union. Bath v Leicester Tigers (Kick-off 6.05pm). 8.00 Live Spanish Football. Real Madrid v Tenerife and Malaga v Barcelona (Kick-off 9.00pm). 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Super League 5.00 NFL: Total Access

British Eurosport

7.30 FIFA Under-20s: Today in Egypt 7.45 Live Cycling. The UCI Road World Championships. 11.50 F1: The Crash! 12.20 Rallying 12.50 euroCRASH! 1.00 FIFA Under-20s: Today in Egypt 1.15 Under-20s World Cup Football 2.45 FIFA Under-20s: Today in Egypt 3.00 Live Under-20s World Cup Football. USA v Germany (Kick-off 3.00pm). 5.00 Under-20s World Cup Football 5.45 Live Under-20s World Cup Football. Cameroon v South Korea (Kick-off 5.45pm). 7.45 Under-20s World Cup Football 8.30 Live Under-20s World Cup Football. England v Uruguay (Kick-off 8.30pm). 10.30 FIFA Under-20s: Today in Egypt 10.45 Live Rallying. The second day of the Intercontinental Rally Challenge from Sanremo. 11.15 World Superbikes 12.00 Cycling 1.00 Close

Sky Sports Xtra

6.00 Max Power 7.00 Friday Fight Night 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Friday Fight Night 3.00 Max Power 4.00 WWE: Smackdown 6.00 NFL: Total Access 7.00 Live Speedway. The Italian Grand Prix. 10.30 Premiership Rugby Union 11.30 NFL: Total Access 12.30 Speedway 3.30 Race World 4.30 Max Power 5.30 Rallyzone



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BBC1

- 6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 The Politics Show. (T) 12.10 Formula 1: The Singapore Grand Prix. From the Marina Bay Street Circuit (Start-time 1.00pm). (T) 3.15 EastEnders. (T) 5.10 Songs of Praise. Aled Jones celebrates the season of harvest, meeting fictional farming family The Archers and introducing a selection of favourite harvest hymns. (T)
- 5.45 BBC News; Regional News; Weather. (T)
- 6.10 Land Girls. After three months, Annie is still struggling to come to terms with Harry's death, Nancy and Lawrence embark on a full-blown affair and Joyce faces a dilemma about her husband. Esther fears Nancy may be a Nazi collaborator and food rations officer Ernest Luckhurst arrives at Finch's farm intent on catching him out. (R) (T)
- 7.00 Countryfile. Matt Baker heads back to his family's farm in the Durham Dales, where his relatives are preparing for the lambing of their pedigree Hampshire Down sheep. John Craven meets farmers who are losing their tenancies, putting their livelihoods in jeopardy, and Jules Hudson takes to the skies to find out how much work goes into creating an Ordnance Survey map. Plus, the last chance to vote in the Countryfile Photographic Competition. Including Weather for the Week Ahead. (T)
- 8.00 Antiques Roadshow. Fiona Bruce and the team visit Lancashire where they examine items in the Blackpool Tower Ballroom. The antiques include a bible containing handwritten extracts by Charlotte Brontë, images drawn under fire by a war artist and a valuable brooch. (T)
- 9.00 Waking the Dead. Part one of two. Old adversary Linda Cummings taunts Boyd from inside a secure psychiatric hospital, leading the team to discover more murder victims within its confines. As his frustrations rise, Boyd needs help from Grace - but she has been mysteriously forced to take time away from the Cold Case Squad and handed the investigation over to an eminent psychologist who is an expert on Cummings. Guest starring Gina McKee, Ruth Gemmell and Alexander Siddiq. Concludes tomorrow. (T)
- 10.00 BBC News; Weather. (T)
- 10.20 FILM: Point Break (1991). An FBI agent infiltrates a Californian surfing gang to investigate a spate of armed robberies. Thriller, with Keanu Reeves and the late Patrick Swayze. (T)
- 12.20 Sign Zone. Wounded. (R) (T) 1.20 Sign Zone: Wounded. (R) (T) 2.00 Sign Zone: Holy City. (R) (T) 3.00 Sign Zone: The Hairy Bikers' Food Tour of Britain. (R) (T) 3.45 BBC News. (T)



BBC2

- 6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: 7.00 Uncle Max; (R) (T) Diddy Dick & Dom. (R) (T) 7.15 OoGies. (R) (T) 7.30 Gimme a Break. (R) (T) 8.00 Da Dick and Dom Dairies. (R) (T) 8.30 MI High. The children at St Hope's turn into Japanese fighting fish. (R) (T) 9.00 Undercover Dads. (T) 10.00 Something for the Weekend. (T) 11.30 FILM: Never Cry Wolf (1983). Fact-based drama, starring Charles Martin Smith. (T) 1.10 FILM: The Musketeer (2001). Swash-buckling adventure, starring Justin Chambers. (T) 2.50 Equestrian. (T) 4.50 Cycling. (T) 5.50 Rugby League. (T) 6.45 A Farewell to Floyd. (R) (T) 7.30 A Feast of Floyd. The late Keith Floyd's favourite culinary moments from his travels around the world. Here he tours Provence, France, where he has breakfast with Christian Dova in Sault. (R) (T) 8.00 Last Chance to See. Stephen Fry and Mark Carwardine search for Komodo dragons in Indonesia, release dozens of turtle hatchlings into the wild, and learn about the trade in ocean creatures. (T) 9.00 Charley Boorman: Sydney to Tokyo, by Any Means. New series. The adventurer travels from Australia to Japan. (T) 10.00 Match of the Day 2. Highlights of Sunderland v Wolverhampton Wanderers. (T) 10.45 Shooting Stars. (R) (T) 11.15 FILM: For Your Consideration (2006). Premiere. Spoof documentary, starring Christopher Guest. (T) 12.35 BBC News. 3.45 The Super League Show. (R) (T) 4.25 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

Charley Boorman: Sydney to Tokyo, by Any Means, BBC2, 9.00pm
Ewan McGregor may have given up round the world biking adventures for the time being, but it seems there's no stopping his old mate, actor and adventurer Charley Boorman. Last year The Long Way Round veteran went solo for a series that saw him travel through 25 different countries, using more than 100 forms of public transport on the arduous 20,000-mile journey. Now he's back for more of the same, embarking on another journey using local transport to get him to his desired location. This time Charley aims to travel from Australia to Japan following the Pacific Rim through Papua New Guinea, Indonesia, the Philippines and Taiwan before reaching Tokyo. In the opening episode he leaves Sydney with a large biker convoy as he travels up the east coast of Australia. Along the way he makes use of a replica Spitfire and has a go at cattle rustling. As you might imagine, there's no end of problems on the exhausting journey, but the star of The Emerald Forest takes it in his stride as he overcomes one obstacle after another.

C4

- 6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 GT4 European Cup. (T) 7.25 FIA GT Championship. (T) 7.50 Ironman UK. (T) 8.20 The Track and Field Show. (T) 8.50 T4: Friends. (R) (T) 9.20 T4: Hollyoaks. (T) 11.50 T4: 90210. (T) 12.50 T4: The World's Greatest Pop Star. Eminem. (T) 1.50 T4: Shooting Cheryl Cole. (T) 2.25 T4: Rockcorps 2009 Live in London. (T) 3.45 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.30 Scrapheap Challenge. (T) 6.30 Channel 4 News. (T) 7.00 The Genius of Charles Darwin. Celebrating the life and work of the scientist. (R) (T) 8.00 Come Dine with Me. Four contestants from Manchester take the dinner party challenge. (T) 9.00 Kevin McCloud's Grand Tour. The presenter explores what inspired Christopher Wren's design of St Paul's Cathedral after the Great Fire of London, visiting domes in Italy by Michelangelo and Brunelleschi. (T) 10.00 FILM: The Wedding Planner (2001). A single woman is hired to organise the wedding of the man of her dreams. Romantic comedy, starring Jennifer Lopez and Matthew McConaughey. (T) 12.00 My Name Is Earl. A guilty Earl arranges a band reunion show. (R) (T) 12.35 My Name Is Earl. (R) (T) 1.05 FILM: Awaara (1951). Musical drama, starring Raj Kapoor and Nargis. (T) (bw) 3.55 Hallo Panda. (R) (T) 4.25 Reaper. Sam asks the Devil for time off. (R) (T) 5.05 3 Minute Wonder: My Home Town. (R) (T) 5.10 Countdown. (R) (T)

FIVE

- 6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Bop Box. (R) (T) 7.10 Elmo's World. (R) (T) 7.40 The Milkshake! Show. (R) (T) 8.00 Noddy in Toyland. (T) 8.20 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.35 Rupert Bear. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Mr Men Minis. (T) 9.35 Chiro. (R) (T) 9.45 Mist: Sheepdog Tales. (R) (T) 10.00 Snobs. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Farmer Wants a Wife. (R) (T) 12.00 The Spinner Dolphin: Great Ocean Adventures. (R) (T) 12.50 FILM: Dance With Me (1998). Drama, starring Chayanne. (T) 3.10 FILM: Fatherhood (1993). Action comedy, starring the late Patrick Swayze. (T) 5.00 FILM: The Princess Bride (1987). Spoof fairy tale fantasy, starring Gary Elwes. (T) 6.50 Five News. (T) 6.55 FILM: Charlie's Angels: Full Throttle (2003). The high-kicking trio hunt down villains who have stolen two encoded rings. Action adventure sequel, with Drew Barrymore, Cameron Diaz and Lucy Liu. Including Five News Update. (T) 9.00 FILM: Dirty Dancing (1987). Romance blossoms as a dance instructor teaches a naive teenager about life and love. Drama, starring the late Patrick Swayze alongside Jennifer Grey. Including Five News Update. (T) 11.05 The Abba Years. (R) (T) 12.05 The FBI Files. (R) (T) 1.00 NFL Live. Arizona Cardinals v Indianapolis Colts. (Kick-off 1.20am). 4.35 Motorsport Mundial. (R) 5.00 Hansi's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

- 5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Paz. 9.35 Emu. (T) 9.50 Coronation Street. (T) 12.35 ITV News and Weather; Weather. (T) 12.40 FILM: Columbo: Dagger of the Mind (1972). Detective drama, starring Peter Falk and Honor Blackman. (T) 2.40 The X Factor. (R) (T) 3.55 FILM: Thunderball (1965). James Bond adventure, starring Sean Connery. (T)
- 6.15 London Tonight; Weather. (T)
- 6.30 ITV News and Weather. (T)
- 6.45 All Star Family Fortunes. Vernon Kay invites broadcaster Vanessa Feltz and The Bill actor Lucy Speed to team up with their relatives and try to guess the answers to surveys of 100 people in a bid to reach the final round, in which they can win up to #30,000 for a charity of their choice. Vanessa is playing for Breast Cancer Care, while Lucy hopes to raise money for the Lily Foundation and Fight for Sight. (T)
- 7.30 The X Factor. In the second of two boot-camp specials, the 50 remaining acts return to the stage to perform in front of an audience of nearly 4,000 people at London's Hammersmith Apollo. Simon Cowell, Cheryl Cole, Louis Walsh and Dannii Minogue then pick the final 24 who will move on to the judges' houses - before finding out which category they will be mentoring for the rest of the competition. Hosted by Dermot O'Leary. (T)
- 9.00 Doc Martin. Despite the doctor's unpleasant attitude toward her, Louisa applies for a job at the school - where she quickly notices there is something strange about the new headteacher's behaviour. Martin refers Pauline's aunt and uncle to Edith after they have trouble conceiving a baby, but her tests lead one of the couple to make a surprising confession, and a hospital visit reveals more about the two physicians' relationship at university. Starring Martin Clunes and Caroline Catz, with David Haig. (T)
- 10.00 ITV News and Weather; Weather. (T)
- 10.15 FILM: Alexander (2004). Premiere. A Macedonian king undertakes a campaign to create the world's most powerful empire. Historical epic, with Colin Farrell and Angelina Jolie. (T)
- 1.25 Premiership Rugby Union. 2.15 The Other Side; (T) ITV News Headlines. 3.10 Champions League Weekly. (T) 3.35 A Dangerous Game? Tonight. (R) 4.00 ITV Nightscreen.

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- RTP2**
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- TVI**
0700 Children's TV 0915 Smackdown, wrestling 1015 Inspector Max 1115 Mass 1300 News 1400 Film 1630 Uma Canção Para Ti 2000 Elections 0015 Film 0215 Sempre A Somar 0400 Law & Order: Special Victims Unit, series 0500 Teleales 0630 Todos Iguais

Best of the Rest

- BBC3**
7.00 Formula 1: The Singapore Grand Prix 8.00 Doctor Who 9.00 Harper's Island 9.40 Harper's Island 10.25 Family Guy 10.50 Family Guy 11.15 How Not to Live Your Life 11.45 Lunch Monkeys 12.15 Harper's Island 12.55 Harper's Island 1.35 Tough Guy or Chicken? 2.35 How Not to Live Your Life 3.05 Formula 1: The Singapore Grand Prix 4.05 Lunch Monkeys 4.35 Clever v Stupid 5.05 Close
- BBC4**
7.00 Crowdie and Cream 8.00 Tweed 9.00 Darwin's Struggle: The Evolution of the Origin of Species 10.00 Spiral 10.50 Jonathan Meades Off Kilter 11.50 The Crow Road 12.50 The Crow Road 1.55 Darwin's Struggle: The Evolution of the Origin of Species 2.55 Tweed 3.55 Close
- ITV2**
1.40 The Xtra Factor 2.40 Calvin Harris: The Hot Desk 2.55 Film: Small Soldiers PG (1998) 5.00 The X Factor 6.15 The Xtra Factor 7.15 Kelly Clarkson: The Hot Desk 7.30 Coleen's Real Women 8.30 The Planet's Funniest Animals 9.00 The Xtra Factor 10.00 Trinity 11.00 What Katie Did Next 12.00 Katy Brand's Big Ass Show 12.30 Entourage 1.00 The X Factor 2.25 The Xtra Factor 3.20 Teleshopping 3.50 Supernatural 4.30 Teleshopping

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- Sky1**
1.00 Project Runway 2.00 Bones 3.00 Bones 4.00 UK Border Force 5.00 The Simpsons 5.30 The Simpsons 6.00 Futurama 6.30 Grease: The School Musical 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 House 10.00 House... An Insider's Guide 10.30 Justin Lee Collins: High Diver 11.30 Justin Lee Collins: The Wrestler 12.30 Ross Kemp on Gangs 1.30 Night Cops 2.25 Road Wars 3.20 Australia's Deadliest Destinations 4.15 Crash Test Dummies 5.10 Are You Smarter Than a 10 Year Old? **GOLD**
1.20 Only Fools and Horses 2.00 Only Fools and Horses 2.40 Only Fools and Horses 3.20 When Were We Funniest? 5.25 One Foot in the Grave 6.05 One Foot in the Grave 7.00 Last of the Summer Wine 7.20 Last of the Summer Wine 8.00 Jonathan Creek 10.20 French and Saunders 11.15 When Were We Funniest? 1.20 It's - the Monty Python Story 2.30 From Spam to Sperm 3.00 Close
- TCM**
1.00 Elvis: That's the Way It Is PG (1970) 3.00 The Barkleys of Broadway U (1949) 5.05 The Spy With My Face PG (1966) 6.40 The Frisco Kid PG (1979) 9.00 Pretty in Pink 15 (1986) 10.55 The Rise and Rise of Michael Rimmer 15 (1970) 12.55 Pretty in Pink 15 (1986) 3.00 Teleshopping 5.00 Elvis: That's the Way It Is PG (1970)
- The Disney Channel**
Kids' programmes from 7am, except: 4.00 Film: Hatching Pete PG (2009) Family drama, starring Jason Doley and Mitchel Musso.

MOVIES

- Sky Movies Drama**
6.00 Elizabeth: The Golden Age 12 (2007) 8.00 The Trench 15 (1999) 9.45 The Good German 15 (2006) 11.35 The Preacher's Wife U (1996) With Whitney Houston. 1.40 Jack PG (1996) With Robin Williams. 3.40 PS I Love You 12 (2007) With Hilary Swank. 5.50 The Preacher's Wife U (1996) With Whitney Houston. 8.00 Things We Lost in the Fire 15 (2007) With Halle Berry. 10.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 11.50 The Grifters 18 (1990) With John Cusack. 1.50 Inserts 18 (1975) With Richard Dreyfuss. 4.00 Innocent Moves PG (1993)
- Sky Movies Comedy**
6.25 35MM 6.55 Pirates of the Caribbean: At World's End 12 (2007) 9.45 Houseiller PG (1991) 11.30 27 Dresses 12 (2008) With Katherine Heigl. 1.30 Mamma Mia! PG (2008) With Meryl Streep. 3.30 Ghost Dad PG (1990) With Bill Cosby. 5.00 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 8.00 Mamma Mia! PG (2008) With Meryl Streep. 10.00 27 Dresses 12 (2008) With Katherine Heigl. 11.55 Houseiller PG (1991) With Steve Martin. 1.40 Smokey and the Bandit II PG (1980) With Burt Reynolds. 3.25 Tremors II: Aftershocks 12 (1995) 5.10 Stepping Out PG (1991)
- Sky Movies Action/Thriller**
7.05 Daylight 12 (1996) 9.05 Die Hard 2 18 (1990) 11.15 The Mechanik 15 (2005) With Dolph Lundgren. 1.05 No Country for Old Men 15 (2007) With Josh Brolin. 3.10 Daylight 12 (1996) With Sylvester Stallone. 5.10 Die Hard 2 18 (1990) With Bruce Willis. 7.20 The Mechanik 15 (2005) With Dolph Lundgren. 9.00 No Country for Old Men 15 (2007) With Josh Brolin. 11.05 American Gangster 18 (2007) With Denzel Washington. 1.55 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 4.05 35MM 4.35 Back in Business PG (2007)



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SPORT

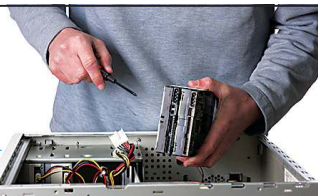
- Sky Sports 1**
6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League. Plymouth Argyle v Nottingham Forest (Kick-off 1.15pm). 3.30 Live Super Sunday. Sunderland v Wolverhampton Wanderers (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Darts. The South African Masters. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Darts 3.00 Football Special 3.40 Super Sunday: The Last Word 5.00 Champions League Weekly 5.30 World Sport
- Sky Sports 2**
6.00 Wild Spirits 6.30 F3 Euroseries 7.30 WWE Vintage Collection 8.30 Live ICC Champions Trophy Cricket. New Zealand v Sri Lanka. 1.00 Live ICC Champions Trophy Cricket. South Africa v England. 10.00 Golf Night 12.30 WWE: Experience 1.30 WWE: Late Night - Afterburn 2.30 WWE Vintage Collection 3.30 Champions League Weekly 4.00 Close
- Sky Sports 3**
6.00 Spanish Football 9.00 WWE: Afterburn 10.00 Live Golf. The Vivendi Trophy with Severiano Ballesteros. 4.30 BMX Cycling 5.00 Seamounter Sailing 5.30 Live NFL. New York Jets v Tennessee Titans (Kick-off 6.00pm). 9.00 Live NFL. San Diego Chargers v Miami Dolphins (Kick-off 9.15pm). 12.30 Spanish Football 2.30 Close
- British Eurosport**
7.35 euroCRASH! 8.00 Cycling 9.00 Live Cycling. The UCI Road World Championships. 4.30 Live US Tour Golf. The Tour Championship. 6.05 Live Under-20s World Cup Football. Czech Republic v Australia. 7.45 Under-20s World Cup Football 8.30 Live Under-20s World Cup Football. Honduras v Hungary (Kick-off 8.30pm). 10.30 FIFA Under-20s: Today in Egypt 10.45 Motorsports Weekend 11.00 Cycling 12.15 Motorsports Weekend 12.20 F1: The Factory 1.00 Rallying 1.30 Close
- Sky Sports Xtra**
6.00 Ocean Adventures 6.30 BMX Series 7.00 Seamounter Sailing 7.30 Speedway 10.30 Super League 12.30 Live Pro40 Cricket. Worcestershire Royals v Sussex Sharks. 6.30 Live Spanish Football. Real Zaragoza v Getafe. 8.00 Live Spanish Football. Deportivo La Coruña v Villarreal (Kick-off 8.00pm). 10.00 NASCAR 12.30 F3 Euroseries 1.30 Seamounter Sailing 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather; Regional News: Weather. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: 3.25 Bear Behaving Badly. (R) (T) Bernard. (R) (T) 3.50 OoGies. (R) (T) 4.05 School of Silence. (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, in which members of the public try to outdo each other to win a cash prize. (T) 6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Bang Goes the Theory. Jem Stansfield puts spider silk to the test, Liz Bonnin finds out the truth about multi-tasking and Dr Yan Wong experiments with sodium acetate. (T) BBC News; Regional News. (T)

8.00 EastEnders. A thoughtful comment by Ian leaves Jane feeling humiliated and her hopes of starting a family in tatters. After a disastrous date with Dr Jenkins, Roxy is shocked to discover a pregnancy test kit in Ronnie's handbag, and Christian steals a kiss from Syd down an alleyway in the Square - unaware someone is watching. (T)

8.30 Panorama. John Ware investigates the prospect of future public spending cuts, challenging politicians from all parties to reveal where the axe will fall. Presented by Jeremy Vine. (T)

9.00 Walking the Dead. Conclusion. Cummings engineers a riot at the hospital so she can take over the control room and implement her terrifying plan against the man she holds responsible for her imprisonment. When Grace is taken hostage, Boyd realises she is just a pawn in the scheme to prove he is capable of murder - and is left facing an almost impossible and heart-breaking choice. Starring Trevor Eve and Sue Johnston, with Gina McKee, Ruth Gemmell and Alexander Siddig. Last in the series. (T)

10.00 BBC News. (T)

10.25 Regional News: Weather. (T)

10.35 Would I Lie to You? Rob Brydon welcomes fashionista Trinny Woodall, actor Reece Shearsmith, West End star Michael Ball and TV presenter Charlie Brooker to the comedy panel show. Last in the series. (T)

11.05 FILM: A Walk to Remember (2002). Romantic drama, starring Mandy Moore and Shane West. (T)

12.55 Sign Zone: Watchdog. (R) (T) 1.55 Sign Zone: Bang Goes the Theory. (R) (T) 2.25 Sign Zone: Wild West Dreams. (R) (T) 3.25 Sign Zone: MasterChef: The Professionals. (R) (T) 3.55 Sign Zone: The Hairy Bikers' Food Tour of Britain. (R) (T) 4.40 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Sorry, I've Got No Head. (R) (T) 8.00 Deadly 60. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yokoi Jakamokoi Totol. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Big Slam Poetry. (T) 11.20 KS1 Science Clips. (T) 11.30 Daily Politics Conference Special. (T) 1.00 Open House. (R) (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Pointless. (R) (T) 5.15 The Hairy Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 A Garden in Snowdonia. Head gardener Troy Scott Smith plans a winter-themed display. Last in the series. (T) 7.30 Saving Britain's Past. Tom Dyckhoff visits Assynt in the Scottish Highlands. (T) 8.00 University Challenge. The University of York takes on St George's, University of London. (T) 8.30 MasterChef: The Professionals. Four more chefs face an elimination round. (T) 9.00 Design for Life. The students perform as clowns. (T) 10.00 Home Time. Gaynor's friends try to cheer her up. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Today at Conference. (T) 11.50 Charley Boorman: Sydney to Tokyo, by Any Means. (R) (T) 12.50 BBC News. (T) 4.35 Close.

Pick of the Day

FlashForward, Five, 9.00pm

Plenty of shows have been referred to as 'the next Lost' over the years, but if any is going to take the title it must surely be this much-anticipated new drama from the same makers. Joseph Fiennes stars as FBI agent Mark Benford, who is in pursuit of a criminal when he awakes out at the wheel of his car and crashes. When he awakes it is to a scene of utter devastation as every vehicle on the road has crashed and aircraft have fallen out of the sky. Racing to the hospital to find his wife Olivia (played by Lost star Sonya Walger), Mark discovers that not only did everyone in Los Angeles experience a blackout like his, but that reports are coming in of people blacking out all over the world. As the FBI, and others around the globe, try to piece together exactly what has happened, ruling out a terrorist attack or a natural phenomenon, Mark points out that what he experienced wasn't exactly a blackout, but a glimpse into his future. As Mark describes what he saw, the other agents realise they were all unconscious for two minutes and 17 seconds - and all saw a vision of the same date - April 29, 2010. It seems everyone in the world witnessed events due to take place in six months time. But how, and why? This looks to be the next big show that everyone will be talking about. So tune in and prepare to be gripped.

C4

5.55 The Treacle People. (R) (T) 6.05 Sali Mali. (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.35 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Dot Television. (R) (T) 10.00 The Deadly Knowledge Show. (R) (T) Tate Modern. (R) (T) 10.30 KNTV Sex. (R) (T) Tate Modern. (R) (T) 11.00 Is It Dead? (R) (T) Tate Modern. (R) (T) 11.30 Chill Out. (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 What's in a Word? (R) (T) 12.45 Property Snakes and Ladders. (R) (T) 1.45 FILM: The Left Hand of God (1955). Romantic adventure, starring Humphrey Bogart and Gene Tierney. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: This Is Our Youth. New series. Unusual trends invented by pupils at London secondary schools. (T) 8.00 Dispatches: MPs, Planes and Gravy Trains. MPs' spending of public money during the summer recess. (T) 9.00 FILM: Mr & Mrs Smith (2005). A bored suburban couple discover they are rival assassins when they are given the same contract. Comedy adventure, with Brad Pitt and Angelina Jolie. (T) 11.15 10 of 10 Cats. (R) (T) 11.50 No Angels. (R) (T) 12.55 FILM: Shree 420 (1955). Indian romantic musical, starring Raj Kapoor and Nargis. (bw) 3.45 Chrono-Perambulator. (T) 4.00 Channel 4 Education. 4.00 Star Maths. 4.10 Star Maths. 4.20 Star Maths. 4.30 Star Maths. 4.40 Star Maths. 4.50 Star Maths. 5.00 Star Maths. 5.10 Star Maths. 5.20 Star Maths. 5.30 Star Maths. 5.40 Star Maths. 5.50 Star Maths. (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hana's Helpline. (R) (T) 9.05 Roobarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 I Own Britain's Best Home 2009. (R) (T) 12.40 Five News. (T) 12.50 Up Close and Dangerous. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 FILM: Cutaway (2000). Action thriller, starring Tom Berenger. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live from Studio Five. (T) 7.30 How Do They Do It? Manoeuvring a 50,000-ton ship through a narrow lock. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Innovations that will be commonplace in the near future. (T) 8.00 Five News at 9. **9.00 FlashForward.** New series. Drama following the work of FBI agent Mark Benford after the world's population suffers a simultaneous blackout, during which people have a glimpse into their futures. (T) 10.00 Ross Noble's Australian Trip. New series. The comedian investigates life Down Under. (T) 11.05 FILM: True Romance (1993). Crime thriller, starring Christian Slater. (T) 1.15 NASCAR. 2.05 Race and Rally UK. 2.55 Motorsport Mundial. 3.20 VH Supercars. (R) 4.10 NHRA Drag Racing. (R) 5.10 Neigh-bours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chances da Vida 1500 Sanguê do Meu Sanguê 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Notícias Solitas 2115 Jogo Duplo 2215 Prós e Contras 0045 Vanished, series 0215 Amor e Inútrigas 0400 Telesões 0605 Nôres

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 0030 Noites da Dois 0100 Diga Lá Excelência 0215 Eurodeputados 0245 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 Gatos Fedorentos 2215 Salve-se Quem Puder 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 The Shield, series 0115 Harper's Island, series 0230 Sempres e Sômar 0400 NCIS, series 0530 Telesões

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Bizarre ER 8.30 Cleverly Stupid 9.00 Gavin & Stacey 9.30 Lunch Monkeys 10.00 EastEnders 10.30 Coming of Age 11.00 Family Guy 11.25 Family Guy 11.50 Cleverly Stupid 12.20 How Not to Live Your Life 12.50 Lunch Monkeys 1.20 Gavin & Stacey 1.50 Bizarre ER 2.20 Don't Tell the Bride 3.20 How Not to Live Your Life 3.50 Coming of Age 4.20 Don't Tell the Bride 5.20 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Cambridge Folk Festival 2009 8.00 Designing the Decades 9.00 Upgrade Me 10.00 Watching the Dead 11.00 The Cell 12.00 The Cell 1.00 The Cell 2.00 Watching the Dead 3.00 Upgrade Me 4.00 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 The Cube 9.00 Hell's Kitchen USA 11.00 Benidorm 12.00 Katy Brand's Big Ass Show 12.30 Coronation Street 1.00 Coronation Street 1.30 Emmerdale 2.00 American Princess 2.45 Ladette to Lady 3.35 Teleshopping

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MOVIES

Sky Movies Drama

6.00 Stolen Youth 12 (1996) 7.30 The Legend of 1900 15 (1998) 9.40 Beaches 15 (1988) 11.45 Silkwood 15 (1983) With Meryl Streep, 2.00 Frankie and Johnny 15 (1991) With Michelle Pfeiffer, 4.00 Jindabyne 15 (2006) With Gabriel Byrne, 6.10 No Reservations PG (2007) With Catherine Zeta-Jones, 8.00 Frankie and Johnny 15 (1991) With Michelle Pfeiffer, 10.00 Deception 15 (2008) With Hugh Jackman, 12.00 Saturday Night Fever 15 (1977) With John Travolta, 2.15 The Sixth Sense 15 (1999) With Bruce Willis, 4.15 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

7.05 35MM 7.35 Meet Dave PG (2008) 9.15 The Golden Child PG (1986) 10.55 Family Show 11.25 Shrek U (2001) With Mike Myers, 1.00 Coming to America 15 (1988) With Eddie Murphy, 3.00 Beverly Hills Cop 15 (1984) With Eddie Murphy, 4.50 Meet Dave PG (2008) With Eddie Murphy, 6.25 Shrek U

(2001) With Mike Myers, 8.00 Coming to America 15 (1988) With Eddie Murphy, 10.00 Beverly Hills Cop 15 (1984) With Eddie Murphy, 11.50 Eddie Murphy: Raw 18 (1987) No-holds-barred stand-up, 1.25 Metro 18 (1997) With Eddie Murphy, 3.25 Eddie Murphy: Raw 18 (1987) 5.00 The Golden Child PG (1986)

Sky Movies Action/Thriller

6.05 Orca: Killer Whale PG (1977) 7.45 In the Line of Fire 15 (1993) 10.00 Next of Kin 15 (1989) 11.50 Spider-Man 3 12 (2007) With Tobey Maguire, 2.10 Double Jeopardy 15 (1999) With Ashley Judd, 4.00 In the Line of Fire 15 (1993) With Clint Eastwood, 6.10 Next of Kin 15 (1989) With Patrick Swayze, 8.00 Double Jeopardy 15 (1999) With Ashley Judd, 10.00 Road House 18 (1989) With Patrick Swayze, 12.00 Spider-Man 3 12 (2007) With Tobey Maguire, 2.20 McVicar 18 (1980) With Roger Daltrey, 4.15 Orca: Killer Whale PG (1977)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Super Sunday: The Last Word 11.00 Spanish Football 1.00 Live ICC Champions Trophy Cricket, Australia v India, 10.00 Time of Our Lives 11.00 Netbusters 11.30 SPL Round-Up 12.00 Soccer AM: The Best Bits 1.00 Time of Our Lives 2.00 Netbusters 2.30 Sports Unlimited 3.30 Watersports World 4.30 Max Power 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Bottom Line 8.00 NASCAR 10.30 Darts 1.30 Football Special 3.00 Super Sunday: The Last Word 3.30 Spanish Football 5.30 Soccer AM: The Best Bits 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Speedway, An Elite League meeting, 9.30 Netbusters 10.00 Poker 11.30 British Rally Championship 12.30 Speedway 2.30 Poker 4.00 Close

Sky Sports 3

8.30 Golf Night 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Saturday Night News 12.30 Live Twenty20 Cricket, Finals day of the Coopey Cup, Twenty20, 9.00 Angling 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States, 4.15 Close

British Eurosport

7.30 World Superbikes 8.00 Motorsports Weekend 8.15 Live WTA Tennis, The Toray Pan Pacific Open, 12.30 Under-20s World Cup Football, 1.15 Under-20s World Cup Football 2.45 FIFA Under-20s: Today in Egypt 3.00 Live Under-20s World Cup Football, Nigeria v Spain (Kick-off 3.00pm), 5.00 Eurogals 5.45 Eurogals Champions 7.15 Eurogals: One to One 7.30 Cycling 8.30 Cycling 9.30 Cycling 10.50 FIFA Under-20s: Today in Egypt 11.00 Under-20s World Cup Football 12.15 Eurogals 1.00 Close

Sky Sports Xtra

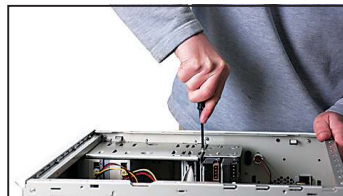
10.30 F3 Euroseries 11.30 Seamester Sailing 12.00 NFL Gameday 1.30 Max Power 2.30 Seamester Sailing 3.00 WWE: Raw 5.00 Karting 5.30 Seamester Sailing 6.00 British Rally Championship 7.00 NFL Gameday, 8.30 Max Power 9.30 Wild Spirits 10.00 Sportation 11.00 Ocean Adventures 11.30 Wild Spirits 12.00 Angling 1.00 Ocean Adventures 1.30 Wild Spirits 2.00 Karting 2.30 F3 Euroseries 3.30 Close

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ANOTHER SERVICE FROM WORLD TELECOM



BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (T) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: 3.25 Bear Behaving Badly. (R) (T) Bernard. (R) (T) 3.50 OoGies. (R) (T) 4.05 Raven. (T) 4.35 Blue Peter. (R) (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. After learning of Christian's split with James, Syed confides in the imam at the local mosque about his sexuality. Denise discovers it was Ian who tipped off DC Cunningham, and returns home to find the police have news for her. A distressed Jordan notices Tina's bracelet is missing from her belongings, and Roxy confronts Ronnie about the pregnancy kit. (T) BBC News; Regional News. (T)

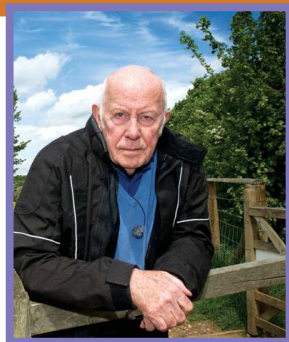
8.00 Holby City. Archie is rushed into the hospital needing urgent treatment, jeopardising Faye's attempts to fix her marriage. Maria faces high-risk surgery if she is to have any chance of regaining the use of her legs. Penny makes a mistake while under scrutiny by Jac on AAU, but comes to possess the evidence that could give her the upper hand, while Mark advises Chrissie against hiding her pregnancy from Oliver. (T)

9.00 Crimewatch. Appeals for information regarding the search for a gang responsible for killing a man in front of his elderly father. Plus, the hunt for an arsonist who has escaped justice for six years, and the details of how an international drug smuggling ring was brought to an end. Kirsty Young, Matthew Anmolwala and Rav Wilding present. (T) BBC News. (T)

10.25 Regional News; Weather. (T) 10.35 Crimewatch Update. Responses to the earlier programme. (T)

10.45 Richard Wilson - Two Feet in the Grave. The actor sets out to discover why death has become a taboo subject for 21st-century Britain, meeting people whose jobs bring them into regular contact with the dead. (T)

11.45 Film 2009 with Jonathan Ross. The host reviews comedies The Invention of Lying and Driving Aphrodite, and questions whether the age of movie stardom has come to an end. (T) 12.15 FILM: Made (2001). Gangster comedy, starring Jon Favreau. (T) Weather. (T) 1.50 Sign Zone: See Hear. (R) (T) 2.20 Sign Zone: Rivers with Griff Rhys Jones. (R) (T) 3.20 Sign Zone: MasterChef: The Professionals. (R) (T) 4.20 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Sorry, I've Got No Head. (R) (T) 8.00 Deadly 60. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 in the Night Garden. (R) (T) 11.00 Schools: BBC Primary Geography. (T) 11.20 KS2 Science Clips. (T) 11.30 Telling Tales. (T) 11.35 Telling Tales. (R) (T) 11.40 Let's Write a Story. (T) 12.00 Daily Politics Conference Special. (T) 1.00 Open House. (R) (T) 1.30 Working Lunch. (T) 2.00 Daily Politics Conference Special. (T) 4.00 Flog It! (R) (T) 4.30 Pointless. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Victorian Farm. Alex Langlands and Peter Ginn prepare to deliver lambs and piglets. (R) (T) 8.00 MasterChef: The Professionals. Three chefs prepare chicken with a morel veloute sauce and Brittany cake. (T) 9.00 The Choir: Boys Don't Sing Revisited. Gareth Malone catches up with pupils at Lancaster School. (T) 10.00 Later Live - with Jools Holland. With Shikha, Gladys Knight, the Duke and the King, Shakira, the Crips, and the xx. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Today at Censorship. (T) 11.50 Last Chance to See. (R) (T) 12.50 BBC News. (T) 4.20 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. (T) 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 YearDot Television. (R) (T) 10.00 The Deadly Knowledge Show. (R) (T) Tate Modern. (R) (T) 10.30 KNTV Sex. (R) (T) Tate Modern. (R) (T) 11.00 TV Is Dead? (R) (T) Tate Modern. (R) (T) 11.30 Chill Out. (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 A Place in the Sun. (T) 1.15 FILM: Seance on a Wet Afternoon (1964). British psychological thriller, starring Kim Stanley and Richard Attenborough. (T) (bw) 3.25 Countdown. (T) 4.10 Deal or No Deal. (R) (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: This Is Our Youth. Girls in east London who choose to dress in Elizabethan costume. (T) 8.00 How to Look Good Naked. New series. Gok Wan helps a mother and daughter overcome their confidence problems. (T) 9.00 Jamie's American Road Trip. The chef heads for the Deep South in search of cheap culinary treats. (T) 10.00 The Big Food Fight. With Giles Coren, Sophie Dahl and Clarissa Dickson Wright. (T) 10.35 Darren Brown: Trick of the Mind. (R) (T) 11.05 The Real Housewives of New Jersey. (T) 12.05 Coming Up: Parlano Glasgow. (R) (T) 12.40 Late Night Poker. 1.35 World Sport. (R) (T) 2.05 British Formula 3 International Series. (R) (T) 2.35 The Track and Field Show. (R) (T) 3.00 FIA GT Championship. (R) (T) 3.30 Ironman UK. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hana's Helpline. (R) (T) 9.05 Roobarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 I Own Britain's Best Home 2009. (R) (T) 12.40 Five News. (T) 12.50 Up Close and Dangerous. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.10 FILM: Serving in Silence: The Margarethe Cammermeyer Story (1995). Fact-based drama, starring Glenn Close. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live from Studio Five. (T) 7.30 Monkey Life. Resident capuchin TJ causes mischief. (R) (T) 7.30 Five News Update. (T) 8.00 Warship. American troops join their counterparts for a team-building exercise. (T) 8.00 Five News at 9. 9.00 CSI: Miami. Calliegh falls into a coma after being shot at while examining a body found in an abandoned house, leaving Horatio to appeal to Alex Woods to help with the investigation. (T) 10.00 CSI: NY. The detectives uncover a sex-trafficking ring. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The FBI Files. (R) (T) 12.50 US Tour Golf. 1.45 Triathlon. 2.35 NIRA Drag Racing. 4.20 European Challenge Tour Golf. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goodlen and John Burtin Race judge more dishes from the Scottish heats, including French-inspired savoury pear cheesecake and a pigeon dish with an Asian twist. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Cain takes matters into his own hands after reading a message on Michael's phone suggesting the wedding is still going ahead. Laurel becomes increasingly irritated by Sally's presence in the village, Nathan relishes his newfound power over Leyla, and Diane tires of the hostility between Moira and Marlon. (T)

7.30 Grimefighters. A pest controller battles bedbugs, and two extreme cleaners clear a horrendous flat in which the former tenant hoarded milk and kept live fish from the local pond in his bath. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant hosts the big-prize quiz, inviting another line-up of contestants to answer questions that could change their lives. (T)

9.00 The Fixer. The team is plunged headlong into the violent underworld of cage-fighting to deal with an elusive criminal and gang leader planning a major heist. Infiltrating the club, Mercer starts training in the ring in the hope of being recruited for the sting, but finds himself drawing on both his brains and his brawn in a bare-knuckle fight to the death. Drama, starring Andrew Buchan, Tamzin Outhwaite, David Schofield and Gemma Price. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 To Catch a Paedophile. Part two of two. Child protection expert Mark Williams-Thomas follows officers from the Metropolitan Police's Paedophile Unit as they go undercover to catch the predators. (T)

11.35 In Plain Sight. Mary is forced to put herself in harm's way when a witness gets trapped in the rubble of a collapsing building after rushing inside to save a number of workmen. Stan and Marshall try to maintain order and protect the parish until they are freed. Drama, starring Mary McCormack. (T)

12.30 Premiership Rugby Union. (R) 1.20 Red Bull Air Race. (T) 1.30 News Headlines. 2.10 Loose Women. (R) (T) 3.00 The Jeremy Kyle Show. (R) (T) 3.55 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Camistas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 30 Minutos 2130 Jogos Duplo 2230 Contra Informação 2300 Football Highlights 0045 Liga dos Últimos 0130 Vanished, series 0215 Amor e Intrigas 0400 Teleseleções 0615

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 ArquêteArte 1945 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 The Mentalist, series 2330 Bairro Alto 0030 Noites da Dois 0130 Câmara Clara 0240 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cê 2000 News 2130 Gatos Fedotados 2215 Salve-se Quem Pudor 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

TVI

0700 Diário Da Manhã 1015 Vozê na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2120 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 McBride 2: The Chameleon Murder, film 0230 Sempre a Somar 0400 NCIS, series 0530 Teleseleções

BBC3

7.00 Doctor Who 7.50 The Real Hustle Las Vegas 8.00 Underage and Pregnant 8.30 Underage and Pregnant 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 How Not to Live Your Life 11.00 Family Guy 11.25 Family Guy 11.50 Don't Tell the Bride 12.50 Underage and Pregnant 1.20 Underage and Pregnant 1.50 How Not to Live Your Life 2.20 Tough Guy or Chicken? 3.20 Bizarre ER 3.50 Bizarre ER 4.20 Don't Tell the Bride 5.15 Close BBC4

7.00 World News Today 7.00 Weather 7.30 Tales from the Green Valley 8.00 A History of Scotland 9.00 Electric Dreams 10.00 Gamewipe with Charlie Brooker 10.50 Rab C Nesbitt 11.20 Early Doors 11.50 Scotland's Music with Phil Cunningham 12.50 Electric Dreams 1.50 Gamewipe with Charlie Brooker 2.40 Electric Dreams 3.40 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 What Katie Did Next 9.00 Jack Osbourne: Celebrity Adrenaline Junkie 10.00

All the latest headlines at

www.the-news.net



Arthur's Day 2009 11.30 Film: Terminator 2: Judgment Day 15 (1991) 2.10 Emmerdale 2.30 Teleseleções 5.40 ITV2 Nightscreen

Sky1

1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Oops 5.00 Futurama 5.30 Futurama 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 Outcom: The 8 Baby Mother 9.00 House 10.00 Film: Jerry Maguire 15 (1996) 12.40 Fringe 1.50 Road Wars 2.40 Stargate Atlantis 3.20 Stargate Atlantis 4.20 Don't Forget the Lyrics 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.00 Last of the Summer Wine 1.40 Steptoe and Son 2.20 Yes Minister 3.00 Only Fools and Horses 3.40 The Brittas Empire 4.15 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Steptoe and Son 8.20 Yes Minister 9.00 Fawlty Towers 9.40 Fawlty Towers 10.20 The Royle Family 11.00 The Royle Family 11.40 Blackadder II 12.20 Hippies 12.55 The Two Ronnies 2.00 Blackadder II 2.30 Hippies 3.00 Close

TCM

1.00 Rampage PG (1963) 3.00 The Time Machine PG (1960) 5.00 Ride Him, Cowboy U (1932) 6.10 Goodbye, Mr Chips PG (1969) 9.00 Dolores Claiborne 18 (1985) 11.30 Trop 15 (1971) 1.15 The Roman Spring of Mrs Stone 15 (1961) 3.00 Teleshopping 5.00 Rampage PG (1963)

The Disney Channel

Kids' programmes from 7am, except:

Sky Movies Drama

6.00 One True Thing 15 (1998) 8.15 35MM 8.45 Joan of Arc 15 (1999) 11.30 The Movie Geek 12.00 Get Real 15 (1999) With Ben Silverstone. 2.00 We Own the Night 15 (2007) With Joaquin Phoenix. 4.00 Georgia Rule 15 (2007) With Jane Fonda. 6.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 The Mexican 15 (2001) With Brad Pitt. 12.10 Slip Shot 18 (1977) With Paul Newman. 2.20 Chaplin 15 (1992) With Robert Downey Jr. 4.50 One Special Night PG (1999)

Sky Movies Comedy

6.40 Life 15 (1999) 8.40 Beverly Hills Cop 15 (1984) 10.40 Beverly Hills Cop II 15 (1987) 12.30 Trading Places 15 (1983) With Dan Aykroyd. 2.30 Life 15 (1999) With Eddie Murphy. 4.30 Beverly Hills Cop 15 (1984) With Eddie Murphy. 6.20 Shrek the Third U (2007) With

Mike Myers. 8.00 Trading Places 15 (1983) With Dan Aykroyd. 10.00 Beverly Hills Cop II 15 (1987) With Eddie Murphy. 11.50 Boomerang 15 (1992) With Eddie Murphy. 1.50 48 Hours 18 (1982) With Nick Nolte. 3.30 Another 48 Hours 18 (1990) 5.10 Shrek the Third U (2007)

Sky Movies Action/Thriller

6.00 The Temp 15 (1993) 7.45 Rush Hour 3 12 (2007) 9.20 F/X: Murder by Illusion 15 (1986) 11.15 Jaws 2 PG (1978) With Roy Scheider. 1.15 Cleaner 15 (2007) With Samuel L. Jackson. 2.50 The Temp 15 (1993) With Lara Flynn Boyle. 4.30 F/X: Murder by Illusion 15 (1986) With Bryan Brown. 6.25 Rush Hour 3 12 (2007) With Jackie Chan. 8.00 Cleaner 15 (2007) With Samuel L. Jackson. 9.40 The Top 10 Show 10.00 Shoot 'Em Up 18 (2007) With Clive Owen. 11.40 Sleepers 18 (1996) With Brad Pitt. 2.20 Mortal Thoughts 18 (1991) With Demi Moore. 4.20 Jaws 2 PG (1978)

See page 2 for our exact print run this week. To advertise, call our Sales Manager on 707 500 677



SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Netbusters 9.30 Poker 11.00 Netbusters 11.30 Soccer AM: The Best Bits 12.30 SPL Round-Up 1.00 Live ICC Champions Trophy Cricket. England v New Zealand. 10.00 Revista De La Liga 11.00 Football Hall of Fame 11.30 A-League 12.00 Football Asia 12.30 UEFA Champions League Goals 1.30 Revista De La Liga 2.30 On The Line 3.00 UEFA Champions League Goals 4.00 Revista De La Liga 5.00 UEFA Champions League Goals

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Afterburn 8.00 Soccer AM: The Best Bits 9.00 Ocean Adventures 9.30 Sportnation 10.30 British Rally Championship 11.30 Speedway 1.30 Soccer AM: The Best Bits 2.30 Speedway 4.30 Football Hall of Fame 5.00 Live UEFA Champions League. Rubin Kazan v Inter Milan (Kick-off 5.30pm). 7.30 Live UEFA Champions League. Fiorentina v Liverpool (Kick-off 7.45pm). 10.00 UEFA Champions League Goals 11.00 Poker Million 1.00 Challenge Series Golf 1.30 A-League 2.00 Pool 3.00 Football Hall of Fame 3.30 Close

Sky Sports 3

7.00 Angling 8.00 British Rally Championship 9.00 Bowls 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Angling 1.00 Sportnation 2.00 Ocean Adventures 2.30 Wild Spirits 3.00 Bowls 5.00 Sportnation 6.00

Challenge Series Golf 6.30 Ladies European Tour Golf 7.30 Live UEFA Champions League. Rangers v Sevilla (Kick-off 7.45pm). 10.00 Sports Unlimited 11.00 NFL: Total Access 12.00 Ladies European Tour Golf 1.00 Bowls 3.00 Great Run Series 3.30 Ladies European Tour Golf 4.30 Close

British Eurosport

7.30 Eurogoals 8.15 Live WTA Tennis. The Toray Pan Pacific Open. 12.30 Eurogoals 1.15 Eurogoals Champions 2.45 FIFA Under-20s: Today in Egypt 3.00 Live Under-20s World Cup Football. South Korea v Germany (Kick-off 3.00pm). 5.00 FIFA Under-20s: Today in Egypt 5.15 Eurogoals Flash 5.25 Live Under-20s World Cup Football. Cameroon v USA (Kick-off 5.45pm). 7.45 Under-20s World Cup Football 8.30 Live Under-20s World Cup Football. England v Ghana (Kick-off 8.30pm). 10.30 FIFA Under-20s: Today in Egypt 10.45 Freeride Spirit 11.00 Rallying 11.30 Powerboating 12.00 Trial Bikes 1.00 Close

Sky Sports Xtra

1.30 British Rally Championship 2.30 Kermis 3.00 Challenge Series Golf 3.30 Total Access 5.00 WWE: Smackdown 7.00 Great Run Series 7.30 Live UEFA Champions League. Arsenal v Olympiakos (Kick-off 7.45pm). 10.30 Pool 11.00 Ocean Adventures 11.30 Mountain Bike World 12.00 Great Run Series 12.30 Wild Spirits 1.00 Ocean Adventures 1.30 Mountain Bike World 2.00 Close



BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: 3.25 Bear Behaving Badly; (R) (T) Bernard. (R) (T) 3.50 Ooglies. (R) (T) 4.05 Wait for It! (T) 4.35 Blue Peter; (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes hand in hand with greed. (T)

6.00 BBC News: Weather. (T)

6.30 Regional News Programmes; Weather. (T) 6.55 Party Political Broadcast. By the Labour Party. (R) (T) The One Show. Magazine show, featuring celebrity interviews and topical reports from across the UK. Presented by Adrian Chiles and Christine Bleakley. (T)

7.30 Nigel Slater's Simple Suppers. The chef prepares easy recipes with classic ingredients, including sausages and mustard, pork chops with apples and cider, and carrot and coriander fritters. He also visits the Gilmore family and cooks a meal with ingredients taken straight from their allotment; (T) BBC News: Regional News. (T)

8.00 Dying to Be Treated? In a Panorama special, Jeremy Vine reports on the policies adopted by the Government for the past six years to cut waiting lists on the NHS by using private sector clinics to treat patients. People who received treatment during this period and senior surgical staff talk about their experiences and reveal the potential health risks and financial problems that can arise. (T)

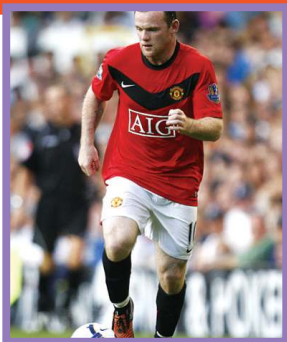
9.00 The Secret Life of Twins. Part one of two. Chris and Xan van Tulken investigate the factors that influence the genetics of twins, suggesting that the environment has a pivotal role in modifying the genes. They study the cases of twins who live apart from each other, and try to understand the impact radically different lifestyles have in developing certain illnesses. (T) BBC News. (T)

10.02 Regional News: Weather. (T)

10.35 The National Lottery Draws. Mylene Klass sets the balls rolling to decide the all-important numbers in the Thunderball, Dream Number and Lotto draws. (T)

10.45 FILM: 16 Blocks (2006). Thriller, starring Bruce Willis; (T) National Lottery Update and Weatherview. (T)

12.25 Sign Zone: Antiques Roadshow. (R) (T) 1.25 Sign Zone: MasterChef: The Professionals. (R) (T) 2.10 Sign Zone: MasterChef: The Professionals. (R) (T) 2.55 Sign Zone: The Haiky Bikers' Food Tour of Britain. (R) (T) 3.40 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Sorry, I've Got No Head. (R) (T) 8.00 Deadly 60. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 Pingu. (R) (T) 10.35 In the Night Garden. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics Conference Special. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Monk. (R) (T) 3.45 Fog It! (R) (T) 4.30 Pointless. (T) 5.15 The Haiky Bikers' Food Tour of Britain. (T) 5.55 Party Political Broadcast. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (R) (T) 7.00 Railway Walks. Julia Bradbury visits a disused railway in Cornwall. (R) (T) 7.30 Escape to the Country. A couple search for their first home in south Bedfordshire. (R) (T) 8.15 MasterChef: The Professionals. Four chefs face an elimination round. (T) 9.00 Dragons' Den: On Tour. The Dragons continue their travels around the UK. (T) 10.00 Shooting Stars. With Noel Fielding, Tony Blackburn and Zoe Saelman. Last in the series. (T) 10.30 Newsnight; Weather. (T) 11.20 Today at Conference. (T) 11.50 The Love of Money. (R) (T) 12.50 BBC News. (T) 3.40 Close.

Pick of the Day

UEFA Champions League Live, ITV1, 7.30pm

Steve Rider is joined by Andy Townsend and Teddy Sheringham to present all the action from the matchday two Group B fixture at Old Trafford between Manchester United and VfL Wolfsburg, as last season's runners-up play their opening home game of this campaign and aim to build on their 1-0 win away to Besiktas. This is Wolfsburg's maiden Champions League campaign, but the Red Devils will not be underestimating the German champions, who opened with a 3-1 victory over CSKA Moscow. United rarely produced their best in Turkey, but the result was all that mattered in front of a vociferous home crowd, with veteran midfielder Paul Scholes popping up in the right place at the right time to head home with 13 minutes to play. Wolfsburg's victory was a personal triumph for Brazilian striker Grafite, who wrote the headlines by scoring a hat-trick on his Champions League debut, and United will need to be aware of not only Grafite, but also former Newcastle United forward Obafemi Martins, who scored at Old Trafford on the opening weekend of last season for the Magpies. Commentary by Peter Drury and Jim Beglin.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. (T) 7.55 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Out Television. (R) (T) 10.00 The Deadly Knowledge Show. (R) (T) Tate Modern. (R) (T) 10.30 KNTV Sex. (R) (T) Tate Modern. (R) (T) 11.00 TV Is Dead? (R) (T) Tate Modern. (R) (T) 11.30 Don't Make Me Angry. (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 Property Snakes and Ladders. (R) (T) 1.35 FILM: The Captive Heart (1946). War-time drama, starring Michael Redgrave. (R) (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: This Is Our Youth. Teenagers who walk backwards everywhere. (T) 8.00 Ruth Watson's Hotel Rescue. New series. Ruth Watson offers her expert advice to novice hoteliers. (T) 9.00 The Secret Millionaire. Businessman Tony Banks goes undercover in Anfield, Liverpool. (T) 10.00 Ugly Betty. Betty is embarrassed when her video tribute for Claire Meade's birthday is more revealing than she had planned. Starring America Ferrera. (T) 11.00 Dawn Porter: Geisha Girl. (R) (T) 12.05 Music: Stereophonics: Video Exclusive. 12.10 Music: 4Music: Sessions: The Veronicas. (T) 12.40 Music: 4Music: Play: Kid Harpoon. (T) 12.55 Music: Tommy Reilly: unsignedAct - The Winner's Story. (R) (T) 1.10 Music: This Week's 4Music Top 20. 3.05 Shin Gi Tai. (R) (T) 3.10 Unreported World. (R) (T) 3.40 3 Minute Wonder: The Filmmakers of Kabul. (R) (T) 3.45 Dispatches: MPs, Planes and Grave Trains. (R) (T) 4.40 Reaper. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake! Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fill and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hana's Helpline. (R) (T) 9.05 Roobarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 I Own Britain's Best Home 2009. (R) (T) 12.40 Five News. (T) 12.50 Up Close and Dangerous. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Jane Doe: Now You See It, Now You Don't (2005). Thriller, starring Lea Thompson. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live from Studio Five. (T) 7.30 Building the Ultimate. The evolution of the aircraft carrier. (R) (T) 7.30 Five News Update. (T) 8.00 World War One in Colour. The battle for the Eastern Front; (R) (T) 8.00 Five News at 9. 9.00 Farmer Wants a Wife. Louise Redknapp helps a 30-year-old farmer. (T) 10.00 FILM: Dog Soldiers (2002). A squad of soldiers training in the Scottish Highlands fight for survival against a pack of werewolves. Horror, starring Sean Pertwee and Kevin McKidd. Including Five News Update. (T) 12.10 Poker. (T) 1.35 Summer X Games. 2.25 Summer X Games. 3.15 European Challenge Tour Golf. 3.40 Boxing Classic. (R) (T) 4.00 Boxing USA. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goodlen and John Burton Race judge more creations of amateur cooks from Scotland. On today's menu are dishes including a cheese soufflé, a piece of lean venison and a blade steak. Presented by Mark Nicholas. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

6.55 Party Political Broadcast. By the Labour Party. (T)

7.00 Emmerdale. Debbie is furious when she learns Cain attacked Michael, but breaks down after she discovers he would be boyfriend still plans to go ahead with his marriage due to the revelation that his fiancée is pregnant. A distraught Sally tells Ashley she is not sure how much longer she can go on living with Vincent, and Nathan replaces the money Leyla stole, insisting she pays him back directly instead. Meanwhile, Diane insists that Marlon and Moira work together more closely in a bid to ease the tension between the pair. (T)

7.30 UEFA Champions League Live. Manchester United v VfL Wolfsburg (Kick-off 7.45pm). Steve Rider presents all the action from the matchday two Group B fixture at Old Trafford. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 UEFA Champions League Highlights. Jim Rosenthal presents highlights of the latest matchday two fixtures, including Manchester United v VfL Wolfsburg at Old Trafford, Apoel Nicosia v Chelsea at the GSP Stadium, Real Madrid v Marseille at the Bernabeu and Bayern Munich v Juventus at the Allianz Arena. Commentary by Clive Tisdley and Peter Drury. (T)

12.00 Nightwatch with Steve Scott: Mystery. (R) (T) ITV News Headlines. 12.50 Loose Women. (R) (T) 1.40 The Jeremy Kyle Show. (R) (T) 2.35 Cops v Stalkers: Tonight. (R) (T) 3.00 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sanguo do Meu Sanguo 1600 Portugal no Coração 1800 Portugal em Directo 1900 News 1945 Football 2130 News 2200 Jogo Duplo 2300 Football Highlights 0045 Vanished, series 0215 Amore e Intrigas 0400 Teleales 0605 N6s

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 2000 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Dexter, series 2330 Clube de Jornalistas 0030 Noites da Dois 0130 Biosfera 0200 Bastidores 0230 Euronews 0515 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1500 Vida Nova 1800 Paraíso 1900 N6s Por Cá 2000 News 2130 Gatos Fedorentos 2215 Salve-se Quem Pudor 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Vozé na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 Babel, film 0300 Sempre a Soma 0430 NCIS, series 0530 Teleales

Best of the Rest

BBC3
7.00 Doctor Who 7.50 The Real Hustle Las Vegas 8.00 Don't Tell the Bride 9.00 Moby Awards 2009 11.00 Family Guy 11.25 Family Guy 11.50 How Not to Live Your Life 12.20 Lunch Monkeys 12.50 Clever v Stupid 1.20 Don't Tell the Bride 2.50 How Not to Live Your Life 2.50 Lunch Monkeys 3.20 Clever v Stupid 3.50 Snog, Marry, Avoid? 4.20 Tough Guy or Chicken? 5.20 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 The British Way of Death 8.10 Seeing Salvation 9.00 The Art of Dying 10.00 Mark Lawson Talks to Richard Wilson 11.00 Dan Cruickshank's Adventures in Architecture 12.00 The Treasures of Tutankhamun 12.50 Masterpieces of the British Museum 1.20 The Victorian Way of Death: From Body-Snatching to Burning 2.10 The Art of Dying 3.10 Mark Lawson Talks to Richard Wilson 4.10 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 6.35 Film: Jurassic Park PG (1993) 9.00 Trinity 10.00 Film: The Break-Up 15 (2006) 12.10 Film: Jurassic Park PG (1993) 2.30 Emmerdale 2.55 Teleshopping 3.25 The Montel Williams Show 4.05 Teleshopping 5.35 ITV2 Nightscreen

All the latest at
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News
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Sky1
1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Oops TV 5.00 Futurama 5.30 Futurama 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 Futurama 8.00 Project Runway 9.00 Martina Cole's The Take 10.00 Martina Cole's The Take 11.00 Law & Order 12.00 Fringe 1.10 Street Wars 2.05 Stargate Atlantis 3.00 Stargate Atlantis 3.55 Don't Forget the Lyrics 4.50 Bite Size Brainiac 5.10 Are You Smarter Than a 10 Year Old?

GOLD
1.00 Last of the Summer Wine 1.40 Steptoe and Son 2.20 Yes Minister 3.00 Blackadder II 3.40 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Steptoe and Son 8.20 Yes Minister 9.00 The Royle Family 9.40 The Royle Family 10.20 Absolutely Fabulous 11.00 The Omid Djalili Show 11.40 Blackadder II 12.20 Hippies 1.00 Absolutely Fabulous 1.40 Pythonland 2.00 The Omid Djalili Show 2.30 Hippies 3.00 Close

TCM
1.00 Assignment to Kill 15 (1969) 3.00 The Philadelphia Story U (1940) 5.05 Abbott and Costello in Hollywood U (1945) 6.40 A Day at the Races U (1937) 9.00 Manhunter 18 (1986) 11.20 The Swarm PG (1978) 2.25 Off Set 3.00 Teleshopping 5.00 Assignment to Kill 15 (1969)

The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

6.30 The Trench 15 (1999) 8.15 Cleaverville 12 (2007) 9.45 The Sixth Sense 15 (1999) 11.35 Brighton Beach Memoirs 15 (1986) With Blythe Danner. 1.35 In the Land of Women 12 (2007) With Adam Brody. 3.20 What Dreams May Come 15 (1998) With Robin Williams. 5.20 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) With Brad Pitt. 8.00 Rules of Engagement 15 (2000) With Tommy Lee Jones. 10.10 The Brave One 18 (2007) With Jodie Foster. 12.20 What's Love Got to Do with It 18 (1993) With Angela Bassett. 2.20 Happiness 18 (1998) With Philip Seymour Hoffman. 4.50 Redemption of the Ghost PG (2001)

Sky Movies Comedy

6.50 Beverly Hills Cop 15 (1984) 8.40 Beverly Hills Cop II 15 (1987) 10.30 Beverly Hills Cop III 15 (1994) 12.20 Bowfinger 12 (1999) With Steve Martin. 2.05 The Golden Child PG (1986) With Eddie Murphy. 3.50

The Top 10 Show 4.10 Beverly Hills Cop II 15 (1987) With Eddie Murphy. 6.00 Metro 18 (1997) With Eddie Murphy. 8.00 Bowfinger 12 (1999) With Steve Martin. 9.45 Beverly Hills Cop III 15 (1994) With Eddie Murphy. 11.35 Eddie Murphy: Raw 18 (1987) No-holds-barred stand-up. 1.10 Family Show 1.35 Beverly Hills Cop 15 (1984) With Eddie Murphy. 3.25 Eddie Murphy: Raw 18 (1987) 5.00 The Golden Child PG (1986)

Sky Movies Action/Thriller

6.30 35MM 7.00 Captive 15 (1998) 8.45 Spider-Man 3 12 (2007) 11.15 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 1.25 Die Hard 2 18 (1990) With Bruce Willis. 3.40 Chaos 15 (2005) With Jason Statham. 5.40 Die Hard 2 18 (1990) With Bruce Willis. 8.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 10.00 Chaos 15 (2005) With Jason Statham. 12.00 The General's Daughter 18 (1999) With John Travolta. 2.10 Nighthawks 18 (1981) With Sylvester Stallone. 4.05 35MM 4.35 Billion Dollar Brain PG (1967)

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: 3.25 Bear Behaving Badly. (R) (T) Bernard. (R) (T) 3.50 OOgles. (R) (T) 4.05 Raven. (T) 4.35 Smart. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Lucas allays Jordan's fears about Trina's bracelet after visiting the funeral home, only for Chelsea to stumble across it and demand an explanation. Syed manages to juggle his love life, and a surprise customer (London Mayor Boris Johnson) turns up at the Vic. A disturbed Stacey confides in Jean about being scared of Ryan. (T) BBC News; Regional News. (T)

8.00 Watchdog. Anne Robinson, Matt Allwright and Anita Rani hold more companies to account and try to make sure people get what they bargained for. Among this week's stories and investigations. Matt exposes poor workmanship and suspect dealings at one of the country's leading car repair chains. (T)

9.00 The Secret Life of Twins. Part two of two. Chris and Xand van Tulleken travel to two mass twin gatherings in Ohio and London to conclude their investigation into whether the environment may modify genes. They meet three different sets of identical twins to explore why some chance life events might switch on or off the genetic predispositions that people are born with. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weatherview. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Design for Life. (R) (T) 1.55 Sign Zone: Countryfile. (R) (T) 2.55 Sign Zone: The Hairy Bikers' Food Tour of Britain. (R) (T) 3.35 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Sorry, I've Got No Head. (R) (T) 8.00 Deadly 60. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yokol Jakamok! Totol! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: BBC Primary History. (T) 11.20 Science Clips Investigations. (T) 11.30 Class Clips. (T) 11.50 Difference and Discrimination. (T) 12.00 Daily Politics Conference Special. (T) 1.00 Open House. (R) (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Pointless. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Victorian Farm. Ruth Goodman is given a tough assignment at the dairy. (R) (T) 8.00 MasterChef: The Professionals. Gregg Wallace and Michel Roux Jr host as the four winning chefs from this week's heats create a three-course meal for three restaurant critics. (T) 9.30 Never Mind the Buzzcocks. New series. With guest host James Corden. (T) 10.00 Dragons' Den Online. Dom Byrne presents the underground version of the show. (T) 10.30 Newsnight; Weather. (T) 11.20 Today at Conference. (T) 11.50 Dragons' Den: On Tour. (R) (T) 12.50 BBC News. (T) 3.35 Close.

Pick of the Day

Emmerdale, ITV1, 7.00pm

Debbie is hurt as Cain continues to insult Michael in his absence, not realising how much she cares for him. Unable to let him go, Debbie resolves to go to the church and give him one last chance to change his mind. Cain tries to convince her to let Michael go and move on with her life, but is forced to go with her when he realises she won't listen. Arriving in time to see the veiled bride begin her march to the altar, Debbie begins to regret her decision to come, suddenly realising the enormity of what she planned to do. Michael is shocked to see Debbie and Cain at the back of the church — but not as surprised as they are when they see who he is about to marry. Meanwhile, Laurel and Ashley try their best to avoid Sally, but Laurel feels guilty when she sees her waiting in the village with a bunch of flowers and invites her to the pub for a drink. However, when she proves a big hit with the girls from the factory, Laurel is left feeling like the odd one out. A second episode follows at 8pm.

C4

6.05 Sali Mali. (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. (T) 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Dot Television. (R) (T) 10.00 The Deadly Knowledge Show. (R) (T) Tate Modern. (R) (T) 10.30 KNTV Sex. (R) (T) Tate Modern. (R) (T) 11.00 TV Is Dead? (R) (T) Tate Modern. (R) (T) 11.30 Don't Make Me Angry. (R) (T) Burning Questions. (R) (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 A Place in the Sun. (T) 1.15 FILM: The League of Gentlemen (1960). British comedy adventure, starring Jack Hawkins. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: This Is Our Youth. A trend for wearing necklaces made of organic vegetables. Last in the series. (T) 8.00 Location, Location, Location. Two couples search for properties to reflect their new lifestyles. (T) 9.00 Captive for 18 Years: The Jaycee Lee Story. Cutting Edge examines the case of Jaycee Lee Dugard. (T) 10.00 CSI: Crime Scene Investigation. First part of a crossover with drama series Without a Trace. (R) (T) 11.00 Without a Trace. (T) 11.55 Teachers. (R) (T) 1.00 Extreme Male Beauty. (R) (T) 2.05 FILM: Twisted (2004). Thriller, starring Ashley Judd and Samuel L. Jackson. (T) 3.40 Invasion. (R) (T) 4.25 Reaper. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerlotos. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.55 Hana's Helpline. (R) (T) 9.05 Roobarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 I Own Britain's Best Home Open. (R) (T) 12.40 Five News. (T) 12.50 Up Close and Dangerous. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Murder in Greenwich (2002). Fact-based drama, starring Christopher Meloni. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live from Studio Five. (T) 7.30 Live UEFA Europa League Football. Celtic v Rapid Vienna (Kick-off 8.05pm). Coverage of the Group C encounter at Celtic Park, as the Bhoys face last season's Austrian runners-up. (T) 10.20 FILM: Maximum Risk (1996). A French cop takes on the scheming Mafia dons who ordered his twin brother's death. Action thriller, with Jean-Claude Van Damme and Natasha Henstridge. (T) 12.10 SuperCasino. 4.00 NFL Replay. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) (T)

5.00 Britain's Best Dish. The final Scottish heat. (T) 6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. The day of Michael's wedding arrives, and Debbie resolves to disrupt the proceedings — until the identity of his mysterious fiancée is revealed. (T)

7.30 Countrywise. Paul Heiney visits the Isles of Scilly to celebrate the 25th anniversary of an airline vital to the area's flower industry. Plus, the tricks of the blacksmith's trade are revealed. (T)

8.00 Emmerdale. Debbie realises she has the means to turn Michael against his bride in waiting by detailing her sordid history. (T)

8.30 Coronation Street. Fizz tries to persuade Chesney to give his blessing to her marriage. Luke fires Rosie, who threatens to take him to a tribunal, and Teresa tells Amber why Darryl is going to Spain. (T)

9.00 The Bill. A distressed 17-year-old is found traumatised by years of prolonged abuse and Stevie struggles to establish his identity after the lad's sister fails to recognise him. Max re-examines the evidence from the disappearance of a 12-year-old boy five years previously, hoping to make a connection with someone called Gareth, but it soon becomes clear the troubled young man at the station is not telling the whole story. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Billy Connolly: Journey to the Edge of the World. The comedian concludes his trip, heading south through the White Pass toward Vancouver Island, hunting for moose and riding with cowboys. Last in the series. (R) (T)

11.35 Surface. With Lee and his men hot on their tails, Rich and Laura face a race against time to sneak their footage of the creature out of the hospital and get it to a news station. A saddened Miles watches as doctors prepare Nimrod for an autopsy — but everyone is in for a shock on the cutting table. Adventure, starring Lake Bell, Jay R Ferguson, Ian Anthony Dale and Carter Jenkins. (T)

12.30 Sports Centre UK. (T) 1.15 Goodwood Revival 2009. 2.10 The Cosby Mysteries; (R) (T) ITV News Headlines. 3.00 Loose Women. (R) (T) 3.50 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2100 News 2100 Grande Entrevista 2140 Um Lugar Para Viver 0130 Vanished, series 0215 Amor e Intrigas 0400 Teleseas 0605 Nôs

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consócio 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 2000 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 Oxalá Cresçam Pitangas 0030 Notícias da Dois 0130 Iniciativa 0215 Euronews 0515 Sociedade Civil

SIC

0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2130 Gatos Fedorentos 2215 Salve-se Quem Puder 2315 Caminho das Índias 0045 NCIS, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixe Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0045 Castle, series 0200 Cartaz das Artes 0230 Sempre a Somar 0400 NCIS, series 0530 Teleseas

Best of the Rest

BBC3

7.00 Doctor Who 7.50 Doctor Who Confidential 8.00 Off the Hook 9.30 Clever 'n' Stupid 9.00 Kids for Sale - Stacey Dooley Investigates 10.00 EastEnders 10.30 Lunch Monkeys 11.00 Family Guy 11.25 Family Guy 11.50 Kids for Sale - Stacey Dooley Investigates 12.50 Lunch Monkeys 1.20 Off the Hook 1.50 Clever 'n' Stupid 2.20 Britain's Most Embarrassing Pets 3.20 Don't Tell the Bride 4.20 Underage and Pregnant 4.50 Underage and Pregnant 5.15 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 A Poet's Guide to Britain 8.00 Electric Dreams 9.00 Charles Darwin and the Tree of Life 10.00 Fear of Fanny 11.20 Gameswipe with Charlie Brooker 12.10 Upgrade Me 1.10 A Poet's Guide to Britain 1.40 Fear of Fanny 3.00 Gameswipe with Charlie Brooker 3.50 Close

ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 Paris Hilton's Best American Friend Forever 9.00 What Katie Did Next 10.00 Katy Brand's Big Ass Show 10.30 Entourage 11.05 Coronation Street 11.35 Film: Passenger 57 15 (1992) 1.20 Emmerdale 1.50 Emmerdale 2.15 Teleshopping 3.15 The Montel Williams Show 3.55 Teleshopping 5.55 ITV2 Nightscreen



Sky1

1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Cops TV 5.00 Futurama 5.30 Futurama 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 Futurama 8.00 Living with Size Zero 9.00 Martina Cole's The Take 10.00 Martina Cole's The Take 11.00 Cold Case 12.00 Fringe 1.10 Road Wars 2.05 Stargate Atlantis 3.00 Stargate Atlantis 3.55 Road Wars 4.20 Don't Forget the Lyrics 5.10 Are You Smarter Than a 10 Year Old? 10.00

GOLD

1.00 Last of the Summer Wine 1.40 Steptoe and Son 2.20 Yes Minister 3.00 The Vicar of Dibley 3.40 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Steptoe and Son 8.20 Yes Minister 9.00 The Vicar of Dibley 9.40 The Vicar of Dibley 10.20 Ruddy Hell! It's Harry and Paul 11.00 Smack the Pony 11.35 Smack the Pony 12.10 Hippies 12.50 The New Statesman 1.35 Smack the Pony 2.00 Smack the Pony 2.30 Hippies 3.00 Close

TCM

1.00 She's Back on Broadway U (1953) 3.00 The Bobo PG (1967) 5.00 Marriage on the Rocks PG (1965) 7.05 Jack Frost PG (1998) 9.00 All the President's Men 15 (1976) 11.45 Fandango 15 (1984) 1.25 Superfly 18 (1973) 3.00 Close 5.00 She's Back on Broadway U (1953)

The Disney Channel

Kids' programmes from 7am, except 7.25 Film: Read It and Weep U (2006) Family comedy, starring Kay Panabaker.

MOVIES

Sky Movies Drama

6.45 Tumbleweeds 12 (1999) 8.30 Eye of the Dolphin PG (2006) 10.15 We Are Marshall PG (2006) 12.30 The Capture of the Green River Killer 2.05 Saving Sarah Cain PG (2007) With Lisa Pepper. 3.50 Beaches 15 (1988) With Bette Midler. 5.55 Mask 15 (1985) With Cher. 8.00 Brideshead Revisited 12 (2008) With Matthew Goode. 10.15 Charlie Wilson's War 15 (2007) With Tom Hanks. 12.00 The Grifters 18 (1990) With John Cusack. 2.00 Atonement 15 (2007) With Keira Knightley. 4.05 35MM 4.35 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.40 Boomerang 15 (1992) 8.40 Trading Places 15 (1983) 10.40 Shrek U (2001) 12.25 Boomerang 15 (1992) With Eddie Murphy. 2.25 Life 15 (1999) With Eddie Murphy. 4.25 Trading Places 15 (1983) With Dan Aykroyd. 6.25 Meet Dave PG (2008) With Eddie Murphy. 8.00 Life 15 (1999) With Eddie Murphy. 10.00 48 Hours 18 (1982) With Nick Nolte.

11.40 Another 48 Hours 18 (1990)

With Nick Nolte. 1.20 48 Hours 18 (1992) With Nick Nolte. 3.00 Another 48 Hours 18 (1990) With Nick Nolte. 4.40 Meet Dave PG (2008)

Sky Movies Action/Thriller

6.35 Breach 12 (2007) 8.25 The Hand That Rocks the Cradle 15 (1992) 10.20 Vantage Point 12 (2008) 11.55 Breach 12 (2007) With Chris Cooper. 1.50 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 3.45 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 5.50 Fantastic Four: Rise of the Silver Surfer PG (2007) With Ioan Gruffudd. 7.25 Vantage Point 12 (2008) With Dennis Quaid. 9.00 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 11.05 Fantastic Four: Rise of the Silver Surfer PG (2007) With Ioan Gruffudd. 12.45 Two Days in the Valley 18 (1996) With Danny Aiello. 2.35 Mulholland Falls 18 (1995) With Nick Nolte. 4.25 Point Last Seen PG (1998)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 UEFA Champions League Goals 10.00 Transworld Sport 11.00 Boots 'n' All 12.00 UEFA Champions League Goals 1.00 European Tour Weekly 1.30 Live European Tour Golf. The Alfred Dunhill Links Championship. 5.30 Ryder Cup Wales - Creating a Lasting Legacy 6.00 The Rugby Club 7.00 Premier League World 7.30 Live Premier League Snooker. Round four at Charter Hall in Colchester. 11.00 Time of Our Lives 12.00 The Rugby Club 1.00 Premier League World 1.30 Time of Our Lives 2.30 The Rugby Club 3.00 Premier League World 4.00 NFL: Total Access 5.00 IAAF Athletics Weekly 5.30 Premier League World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Experience 8.00 Boots 'n' All 9.00 World Match Tour Sailing 9.30 Great Run Series 10.00 Canter Banter 10.30 Ocean Adventures 11.00 Best of British Motorsport 12.00 Canter Banter 12.30 Transworld Sport 1.30 Best of British Motorsport 2.30 Canter Banter 3.00 UEFA Champions League Goals 4.00 Boots 'n' All 5.00 NFL: Total Access 6.00 World Stunt-Bike Championship 6.30 Show Jumping 7.30 Live Victory Shield Football. Northern Ireland v Scotland (Kick-off 7.40pm). 9.30 Premier League World 10.00 Show Jumping 11.00 NFL: Total Access 12.00 Victory Shield Football 2.00 Ryder Cup Wales - Creating a Lasting Legacy 2.30 Golf Night 4.30 The Dogs 5.00 Close

Sky Sports 3

11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 World Match Tour Sailing 1.30 Great Run Series 2.00 Ocean Adventures 2.30 Total Rugby 3.00 Watersports World 4.00 WWE Vintage Collection 5.00 WWE Special 6.00 IAAF Athletics Weekly 6.30 Powerboating 7.00 ATP Tour Uncovered 7.30 Golf Night 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 WWE Special 1.30 Premier League Snooker

British Eurosport

7.30 Powerboating 8.00 Live WTA Tennis. The Toray Pan Pacific Open quarter-finals. 12.30 Under-20s World Cup Football 2.00 U-20s WCF 3.30 U-20s WCF 5.00 FIFA Under-20s: Today in Egypt 5.15 Eurogals Flash 5.25 Live Under-20s World Cup Football. Coverage of a match from Group B (Kick-off 5.45pm). 7.45 Under-20s World Cup Football 8.30 Live Under-20s World Cup Football. One of the final matches in Group A in Cairo (Kick-off 8.30pm). 10.30 FIFA Under-20s: Today in Egypt 10.45 World Rally Championship 11.15 MotoGP 12.15 World Rally Championship 12.45 Olympic Magazine 1.15 Close

Sky Sports Xtra

4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Transworld Sport 6.00 World Match Tour Sailing 6.30 The Dogs 7.00 Race World 8.00 The Rugby Club 9.00 The Dogs 9.30 Ryder Cup Wales - Creating a Lasting Legacy 10.00 Live Poker. Coverage of the online Sky Poker. Five-00 tournament. 12.00 Race World 1.00 ATP Tour Uncovered 1.30 The Dogs 2.00 Powerboating 2.30 World Stunt-Bike Championship 3.00 IAAF Athletics Weekly 3.30 Show Jumping



Everything in English



707
500
600

BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: 3.25 Bear Behaving Badly. (R) (T) Bernard. (R) (T) 3.50 OoGles. (R) (T) 4.05 Wait for It! (T) 4.35 Hotel Trubble. (R) (T) 5.00 Newround. (T)

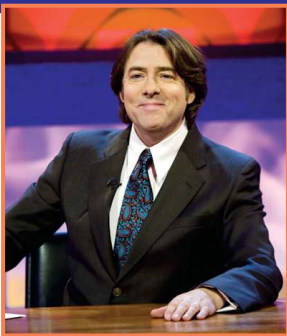
5.15 Weakest Link. Members of the public answer general knowledge questions as a team against the clock, hoping to build a stack of cash and avoid being declared the poorest player and voted out. Anne Robinson presents. (R) (T)

6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T) BBC News: Regional News. (T) 8.00 EastEnders. Lucas tries to cover his tracks as the family lays Trina to rest, and there are dramatic scenes as an emotional Stacey gate-crashes the funeral. Meanwhile, Libby prepares for Oxford. (T) 8.30 A Question of Sport. New series. With England cricketer Graeme Swann, Wales rugby international Jamie Roberts and celebrity heptathlon and swimming world champions Jessica Ennis and Kerri-Anne Payne. (T)

9.00 Friday Night with Streisand and Ross. A special edition of the show in which superstar Barbara Streisand joins Jonathan Ross to discuss her long and varied career. A double Oscar-winner, she has also achieved success as a stage performer, screenwriter, film director and Hollywood producer. In addition to looking back on a life in the limelight, she performs a selection of songs, including classic hits and material from new album Love Is the Answer. (T) 10.00 BBC News. (T)

10.25 Regional News: Weather. (T) 10.35 The National Lottery EuroMillions Draw. OJ Borg presents the draw. (T)

10.40 Moby Awards 2009. Reggie Yates presents highlights of the best of the urban music award ceremony that took place on Wednesday in Glasgow. With performances by Chipmunk featuring Flawless, Tinchy Stryder, JLS, Diversity and Jermaine Jackson. As well as a tribute to Michael Jackson, there are appearances by Jessica Ennis, Amir Khan and Usain Bolt. (T) 12.10 FILM: Out Cold (2001). Teen comedy, starring Jason London. (T) Weatherwise. (T) 1.40 Sign Zone: MasterChef: The Professionals. (R) (T) 2.25 Sign Zone: Home Time. (R) (T) 2.55 Sign Zone: The Hair Bikers' Food Tour of Britain. (R) (T) 3.40 BBC News. (T) 5.00 Formula 1: The Japanese Grand Prix - Qualifying. Today's session at Suzuka. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newround. (T) 7.30 Sorry, I've Got No Head. (R) (T) 8.00 Deadly 60. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yokoi Jakamokoi Totol. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Just So Darwin. (T) 11.15 KS1 Science Clips. (T) 11.25 Something Special. (T) 11.40 China Stories. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 FILM: Bengazi (1955). Adventure, with Richard Conte. (T) (bw) 2.15 Living in the Sun. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Pointless. (T) 5.15 The Hair Bikers' Food Tour of Britain. (R) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Victorian Farm. The team prepares to bring in the wheat harvest. Last in the series. (R) (T) 8.00 Mastermind. Subjects include John Hume, Egyptology and Elizabeth Jane Howard's Cazalet books. (T) 8.30 Gardeners' World. Toby Buckland plants oriental flowers in the woodland garden at Greenacre. (T) 9.00 Autumnwatch 2009. New series. Nature series spanning the whole of the season. (T) 10.00 Autumnwatch Unsprung. New series. Discussion and analysis of subjects from the main programme. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.40 Medium. (R) (T) 1.20 Medium. (R) (T) 2.00 FILM: The Haunted House of Horror (1969). Mystery horror, starring Frankie Avalon. (T) 3.30 Close.

Pick of the Day

Friday Night with Streisand and Ross, BBC1, 9.00pm

Without a shadow of a doubt, Barbra Streisand is one of the world's biggest stars. She rarely makes appearances these days, so when she does, it's a date worth noting. So pencil in Friday, October 2, because that's when La Streisand appears on Jonathan Ross's chat show. But she won't be spending time in the Green Room, rubbing shoulders with her fellow guests, oh no. Instead, the entire programme will be dedicated to her and her illustrious career. According to her spokesperson, it will be the first time she singer and actress has featured in a UK studio interview since she spoke to Des O'Connor in the 1980s. What she'll make of Ross's style (of interviewing, rather than clothing) is anybody's guess. Streisand gives the impression that she doesn't suffer fools, so expect her to keep him and his saucy gags in check for the night. She has, however, agreed to discuss her work — and there's a lot to cover. Streisand is a double Oscar-winning artist, actress of stage and screen, concert performer, film director, movie producer, screenwriter, songwriter and the best album-selling female recording artist ever. She'll also be performing songs from her new album Love is the Answer, as well as one of her classic hits.

C4

5.55 The Treacle People. (R) (T) 6.05 Sali Mali. (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Out Television. (R) (T) 10.00 The Deadly Knowledge Show. (R) (T) 3 Minute Wonder. (R) (T) 10.30 KNTV Sex. (R) (T) 3 Minute Wonder. (R) (T) 11.00 TV Is Dead? (R) (T) 3 Minute Wonder. (R) (T) 11.30 Self Portrait UK. (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 What's in a Word? (R) (T) 12.45 A Place in the Sun. (T) 1.20 Channel 4 Racing from Newmarket. Including the 3.10 Shadwell Middle Parks Stakes (6f), (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Sectarian conflict on the island of Mindanao in the Philippines. (T) 8.00 Jamie at Home. Dishes containing onions, garlic and leeks. (R) (T) 8.30 The Big Food Fight. With Giles Coren, Sophie Dahl and Clarissa Dickson Wright. (R) (T) 9.00 Darren Brown: How to Beat a Casino. The illusionist gambles a viewer's savings at roulette. Last in the series. (T) 10.00 Peep Show. Jeremy decides to tell Elena he loves her. (T) 10.35 The IT Crowd. (R) (T) 11.10 The Inbetweeners. (R) (T) 11.45 4Music: A1 Rocks Singapore Live. 12.50 4Music: A1 Rocks Mobile Disco. (T) 1.05 FILM: The Ice Storm (1997). Drama, starring Sigourney Weaver. (T) 3.05 Beach Volleyball. (T) 4.00 World Sport. (R) (T) 4.25 Water Stories. (R) (T) 4.40 Reaper. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.55 Hana's Helpline. (R) (T) 9.05 Roobarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 I Own Britain's Best Home 2009. (R) (T) 12.40 Five News. (T) 12.50 Nigel Marven's Animal Detectives. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 FILM: Mermaid (2000). Drama, starring Ellen Burstyn. (T) 5.00 Five News: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live from Studio Five. (T) 7.30 Police Interceptors: Special Edition. Tracking down a dangerous driver. (R) (T) 7.30 Five News Update. (T) 8.00 Brighton Beach Patrol. A safe is stolen from a local hotel. (T) 8.00 Five News at 9. 9.00 NCIS. A murder investigation proves complicated. (R) (T) 10.00 FlashForward. Drama following the work of FBI agent Mark Benford after the world's population suffers a simultaneous blackout, during which people have a glimpse into their futures. (R) (T) 11.05 Law & Order: Criminal Intent. (T) 12.05 SportCasino. 3.55 The FBI Files. (R) (T) 4.45 HouseBusters. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Antes Pela Contrário 2115 Rêio da Selva 2215 Jogo Duplo 2315 Broken Arrow, film 0115 Armour of God II, film 0315 Amor e Intrigas 0400 Teleales

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 AFé dos Homens 1900 A Alma e a Gente 2000 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Mad Men, series 2330 Diga Lá Excelência 0030 Noites das Dois 0200 Palcos 0330 Bastidores 0400 Euronews 0515 Sociedade Civil

SIC

0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 Gatos Fedorentos 2215 Salve-se Quem Puder 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

TVI

0700 Diário Da Manhã 1015 Vozê na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 EuroMillions 2145 Deixa Que Te Leve 2245 Sentimentos 2345 Flor do Mar 0045 Film 0245 Sempre a Somar 0430 NCIS, series 0530 Teleales

Best of the Rest

BBC3

7.00 Top Gear 8.00 Merlin 8.45 Merlin Secrets and Magic 9.00 Tough Guy or Chicken? 10.00 EastEnders 10.30 Don't Tell the Bride 11.30 Family Guy 11.55 Family Guy 12.20 Lunch Monkeys 12.50 How Not to Live Your Life 1.20 Harper's Island 2.00 Harper's Island 2.40 Lunch Monkeys 3.10 Tough Guy or Chicken? 4.10 Don't Tell the Bride 5.10 Merlin Secrets and Magic 5.25 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Leeds International Piano Competition 2009 8.30 Transatlantic Sessions 9.00 Madness at Glastonbury 10.00 Young Guns Go for It 10.40 The Liberty of Norton Folgate 11.45 Spiral 12.35 Film: Madness: Take It or Leave It PG (1981) 2.00 Cambridge Folk Festival 2009 2.30 Transatlantic Sessions 3.00 Leeds International Piano Competition 2009 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 6.15 The X Factor 7.30 The X Factor 9.00 Film: The Matrix 1.5 (1999) 11.45 What Katie Did Next 12.45 Coronation Street 1.15 Coronation Street 1.45 The Xtra Factor 2.40 The Xtra Factor 3.30 Emmerdale 3.55 Teleshopping 5.25 ITV2 Nightscreen 5.55 ITV2 Nightscreen



Sky1

1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Ooops TV 5.00 Futurama 5.30 Futurama 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 Futurama 8.00 Grease: The School Musical 9.00 Film: Jerry Maguire 15 (1996) 11.40 Ross Kemp in Search of Pirates 12.40 Fringe 1.50 Road Wars 2.40 Stargate Atlantis 3.30 Stargate Atlantis 4.20 Don't Forget the Lyrics 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.00 Last of the Summer Wine 1.40 Steptoe and Son 2.20 Yes Minister 3.00 The Vicar of Dibley 3.40 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Steptoe and Son 8.20 Yes Minister 9.00 Ruddy Hell! It's Harry and Paul 9.40 Harry Enfield and Chums 10.20 Jonathan Creek 11.40 Harry Enfield and Chums 12.20 Hippies 1.00 The New Statesman 1.35 The Two Ronnies 2.30 Hippies 3.00 Close

TCM

1.00 Tall Story U (1960) 3.00 Crazy in Love 15 (1992) 4.50 The Password Is Courage U (1962) 7.05 Hooper PG (1978) 9.00 The Story of Us 15 (1999) 10.55 Running on Empty 15 (1988) 1.15 The Hunger 18 (1983) 3.00 Teleshopping 5.00 Tall Story U (1960)

The Disney Channel Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.15 The Legend of 1900 15 (1998) 8.30 Storyville 15 (1992) 10.30 Gloria 15 (1980) 12.35 The Capture of the Green River Killer 2.10 Goodbye Bafana 15 (2007) 2.10 Joseph Fiennes. 4.10 The Good German 15 (2006) With George Clooney. 6.05 Footloose 15 (1984) With Kevin Bacon. 8.40 Things We Lost in the Fire 15 (2007) With Halle Berry. 10.00 The Hunting Party 15 (2007) With Richard Gere. 11.50 Arlington Road 15 (1999) With Jeff Bridges. 1.50 Get Real 15 (1999) With Ben Silverstone. 3.50 The End of Eden PG (1996) 5.30 The Movie Geek

Sky Movies Comedy

6.15 Bowfinger 12 (1999) 7.55 Shrek the Third U (2007) 9.30 The Golden Child PG (1986) 11.10 Beverly Hills Cop 15 (1984) With Eddie Murphy. 1.00 Beverly Hills Cop II 15 (1987) With Eddie Murphy. 2.50 Beverly Hills Cop III 15 (1994) With Eddie Murphy. 4.40 Bowfinger 12 (1999)

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ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. As the contest reaches the halfway stage, Ed Baines, Jilly Goolden and John Burton Race judge the efforts of six amateur cooks from Scotland as they compete for the #5000 prize and a chance to bid for the title. Presented by Mark Nicholas. (T)

6.00 London Tonight: Weather. (T) 6.30 ITV Evening News: Weather. (T) 7.00 Emmerdale. The Dingles struggle to come to terms with the events of the previous day, and Debbie is astounded when Michael's fiancée arrives in the village set on a confrontation. Meanwhile, Sally arrives at Ashley's home revealing she has left Vincent, and Nathan tries to assure Leyla there are no ulterior motives behind his generosity. (T)

7.30 Coronation Street. Fizz suggests to Chesney they leave Weatherfield to escape the sniping and gossip about John. Dev and Darryl each try to make amends after losing Amber's trust, and Eileen insists Jesse sack Julie after realising he fancies her, while Kevin returns from holiday and immediately arranges another tryst with Molly. (T)

8.00 The Property Regeneration Game: Tonight. (T) 8.30 Coronation Street. Chesney's fury at her suggestion that they move leaves Fizz even more depressed and she breaks down on a visit to John in prison. Molly and Kevin face up to the extent of their feelings for one another, while Julie refuses to be sacked by Jesse and instead persuades him to lie to Eileen, who she recognises is behind the move. (T)

9.00 Benidorm. New series. The gang returns for a goodwill free stay at the Solana Apartments after being held hostage by drug dealers on their last holiday. Mel recruits Mick to run his new mobility shop, the Oracle's search for love goes on and Martin appears to have ditched wife Kate for a younger model (guest star Sheridan Smith). Award-winning comedy with Steve Pemberton, Nicholas Burns, Geoffrey Hutchings and Johnny Vegas. (T)

10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 FILM: The Interpreter (2004). Political thriller, starring Nicole Kidman. (T) ITV News Headlines.

12.55 FILM: The Missouri Breaks (1976). Western, starring Jack Nicholson and Marlon Brando. (T) 3.05 ITV Nightscreen.

(R) = repeat programme;
(T) = programme with teletext subtitles;
(S) = programme broadcast in stereo;
(bw) = black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Premier League World 9.30 The Rugby Club 10.30 Premier League World 11.00 Victory Shield Football 1.00 Live ICC Champions Trophy Cricket. The first semi-final. 10.00 Football League Weekend 11.00 Premier League Preview 11.30 World Sport 12.00 Super League 2.00 Prizefighter Boxing 5.00 Premier League Preview 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Raw 9.00 WWE Special 10.00 Race World 11.00 IAAF Athletics Weekly 11.30 World Sprint-Bike Championship 12.00 ATP Tour Uncovered 12.30 The Rugby Club 1.30 Live European Tour Golf. The Alfred Dunhill Links Championship. 5.30 Premier League World 6.00 Football League Weekend 7.00 Golf Night 9.00 Live Prizefighter Boxing. The heavyweight event from the ExCel Arena in London. 12.00 NFL: Total Access 1.00 Premier League Preview 1.30 World Sport 2.00 Golf Night 4.00 Football League Weekend 5.00 NFL: Total Access

Sky Sports 3

6.00 The Dogs 6.30 Show Jumping 7.30 Premier League Snooker 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Transworld Sport 1.00 Race World 2.00 Victory Shield Football 4.00 WWE: Raw 6.00 Tight Lines 7.00 Premier League Preview 7.30 Live Super League. A play-off

match. 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 WWE Special 2.00 Football League Weekend 3.00 Premier League Preview 3.30 Super League 5.30 Powerboating

British Eurosport

7.30 Olympic Magazine 8.30 World Rally Championship 8.30 Under-20s World Cup Football 10.00 Under-20s World Cup Football 11.30 WTA Tennis 2.00 Under-20s World Cup Football 3.00 Under-20s World Cup Football 4.00 Under-20s World Cup Football 5.00 FIFA Under-20s: Today in Egypt 5.15 Eurogals Weekend 5.25 Live Under-20s World Cup Football. Coverage of a match from Group D (Kick-off 5.45pm). 7.45 Under-20s World Cup Football 8.30 Live Under-20s World Cup Football. Coverage of a match from Group D (Kick-off 8.30pm). 10.30 FIFA Under-20s: Today in Egypt 11.55 World Rally Championship 12.30 Close

Sky Sports Xtra

10.30 Show Jumping 11.30 The Dogs 12.00 Powerboating 12.30 Premier League Snooker 4.00 ATP Tour Uncovered 4.30 The Dogs 5.00 NFL: Total Access 6.00 World Sport 6.30 Kiteboarding 7.00 Live Weber Cup Ten Pin Bowling. Day one at the Metrodome in Barnsley. 10.00 Ice Hockey 12.00 Weber Cup Ten Pin Bowling 3.00 Ice Hockey 5.00 Ocean Adventures 5.30 Kiteboarding

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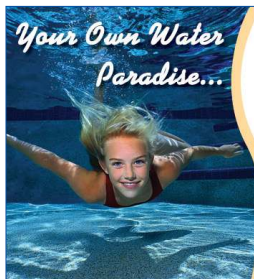
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Office: Rua São José 178, 1st dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N^o 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 on Portuguese. Creche, children and youth ministries provided.

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ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel: 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril), Sunday School. Service 9.30 am every Sunday. Tel: 21.4692303.

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JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection.

Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

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CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 pm. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, n^o 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English: 11am. at St. Lourenço Church - Almancil - 6.30pm. at Four Seasons Country Club— Quinta do Lago — Almancil. Further information, Griselda Neto on 966168120 or Vitor on vg@domopor.com.

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THE EVANGELICAL BAPTIST CHURCH of Lagos: invite you join us in our English language Service at 6pm. every Sunday. Find us at: Urb Villa Praia da Ana, Lote 11b. Lagos (Nr. Hotel Golinho) For more information, please contact Jack MacLeod on 282 768 088, Mob. 964914188

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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoportoo.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

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Thin Bibles

There is a difference between a Thinline edition of a Bible and a perspective that views the Bible as thin. I view one as helpful and I view the other as harmful. One makes the truth easy to grasp and the other causes one to lose their grip on the truth.

The Bible is not "thin." It does not lack substance, fullness, or abundance in meaning or purpose. It is not insufficient or irrelevant. On the contrary, this ancient book addresses today's issues with substantive meaning. In life's daily grind, we can find answers in God's Word.

Many people see the Bible as merely a resource that one might turn to in order to relate to some of life's issues, but not all of them. Those who share this viewpoint would say the Bible gives direction in the way of eternal salvation. It is useful for "God-talk." It assists in dealing with the big questions of life. And it may even provide some comfort in a time of crisis or give strength when one feels weak. They would agree that the Bible offers some help, but not enough for the hard issues of life.

Which of these viewpoints

describe your perspective? To discover the answer, think of a recent issue, problem, or personal concern. What did you do in order to resolve it? To whom or where did you turn in order to receive counsel? Did you first open the Bible? Did you call out to God and ask for His wisdom?

The Bible is not thin. It is thick. It is substantive. It is full of meaning. It is rich in wisdom. Its abundance overflows to address every daily matter of significance and purpose in our lives. Why, then, do people not see its relevance? Or why do those who believe it is relevant merely see it as a resource, as if the Bible is one among many voices to which a person should listen?

The Bible is more than a resource for some of the issues of life. It is relevant in all of life's areas. It will awaken and revive us to live! "Your word is a lamp to my feet and a light for my path." Psalm 119:105

*More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

Cascais Grows Up

When I was young in bland Baltimore, Maryland, I used to tell my Mom, "It's boring here. There's nowhere to go." Sometimes I felt the same about Cascais. I'm not a beach person and hate the malls. I longed for the bookshops of Paris and concerts on Sunday afternoons. Now, with the opening of the €3.6 million Paula Rego Museum, Casa das Histórias, paid for entirely by the Cascais Câmara, there's nothing to complain about. It opened on September 18 and is a magnet for lectures, films, visits and world class art only five minutes from where I live.

Paula Rego was born in Lisbon in 1935 three years after Salazar came into power. Her family, wealthy Portuguese, soon moved to Estoril where Paula began

painting at the age of four. After early schooling at St. Julian's in Carcavelos, her parents sent her to England where she completed her schooling and then went to the prestigious Slade School of Art. Anyone can read the straight facts of her life on the Internet. However, British filmmaker Jake Auerbach has created an hour long documentary on the world class painter. On the second day in the museum's life, Mr Auerbach spoke, in English, to a filled audience of 200 in the comfortable, sleek auditorium to the right side when you enter the museum. The film was slated for 5 pm. I got there early wondering how many others would attend. By 4.45, no more seats remained. A Portuguese woman came in alone and sat next to me. We smiled at each other



Opening evening at the Paula Rego Museum

politely in the way strangers do at a cultural event. Once Mr Auerbach began telling the story of filming Rego at work, a rarity for an artist to permit him into the act of creation, the woman next to me, who by that time had told me she was "Filomena from Estoril" had a narration of her own. When Auerbach told of the challenges to women in Rego's early years here, my seatmate whispered, "It's still hard here for women. This is no country for us." Then the film began, a one hour documentary that made the paintings, often satirical with uncomfortable stories, spring into meaning. The paintings are dynamic, requiring time and thought to unravel. This is no one-hour in and out museum. In the film, Rego says, "I could never do a still life." That's clear from the animated, often disturbing stories she has to relate. The paintings are tales", early stories, legends, and nursery rhymes told in Portugal and also stories from Rego's complicated, troubled childhood and her later life. In the film Rego says, "I wanted to do more with my life than go to lunches and play canasta." Her parents felt the same and sent her to London where she began to thrive artistically and socially. (At Slade she met and later married artist Victor Willing. One of the young museum employees, well dressed in the black t-shirt and slacks uniform, told me that Willing's works will follow Rego's in



Westheimer

temporary exposition in several months. Many of Rego's works will also remain in the Permanent Collection.

Every day since the opening, I walk by the brick colored museum, with 21st century cone shaped spires jutting into Portugal's still blue sky. I always say a silent "thank you" to Cascais Mayor Capucho, one of the main forces behind the museum's creation. He knew well what Vasco, my businessman neighbor told me yesterday,

"Cascais had to do something. Between October and May it was dead here. Then they built this stunning museum. We're becoming more than a beach community, and it's about time."

Casa da Histórias Paula Rego, Avenida da República, 300. Tel: 214 826.970. Open every day, 10 am-10 pm. Free entry. www.casadahistoriaspaularego.com

More on my blog: <http://patwesty.wordpress.com/>

Announcements

LONELY? BORED? Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel: 962 633 811.



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Lost sculptures

These three sculptures were stolen in the Algarve on 7th September. Any information leading to their recovery would be much appreciated. Please contact Catharine O'Neill on 91 873 82 17.

CASA - IS a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275.

AVEIRO PLAYGROUP. We are a small group of parents with bilingual/English speaking children that meet on the first Saturday of each month. Please contact david.foley@netvisao.pt for more information

MAN AND large van going to UK 13th Oct. Returning 21st Oct. Will take anything legal. Tel: 282 357 837/919 020 249.

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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

APAA CHARITY SHOPS. Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

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ALBUFEIRA ABA charity shop. An independent charity shop raising funds for neutering animals. Please help by donating items for sale in the shop, so that we can continue with this vital work. The shop is located on Avenida do Tenis, 41D, (next to Galeano Bar) on the road that leads to the Marina, from the dual carriageway, and is open Tuesday to Saturday 10.30am until 2pm.

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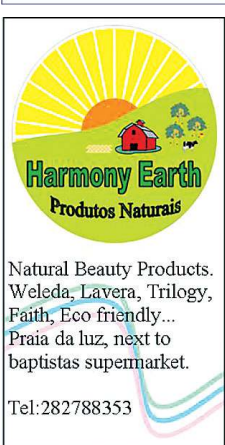
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Loving homes for lucky dogs

The situation in the (rare) kennels is terrible in the Algarve. Too many animals are dumped in front of our gates every week. Many efforts have been made to stop the breeding (neutering campaigns) and educate people, but it is not enough. The kennels are full and we don't manage to find as many "Good" homes as the dogs need in Portugal. An animal represents an extra cost and a commitment, hopefully for many years, and some people don't realise that adopting a pet can be more than they think.

My experience working at the Donkey Sanctuary has taught me how hard it is every day to look properly after so many animals (129 dogs, 56 cats and 12 donkeys).

Luckily, the animals have their



The lorry arrived at 6h20.

Sanctuary. They have been chosen 2 months ago by families in Germany who are looking for a dog. ETN is based in Germany and is a big organisation that defends the animals rights all over Europe. They have made a brilliant work over the years improv-

6h00 we were all waiting for the lorry to come and pick them up.



Johnny would have stayed in bed longer!

Bridie and I started to take the dogs one by one in the dark and took them to the main entrance. Some of them refused to leave their beds of course, and we had to carry them. We knew, but they didn't know that they would have plenty of time to sleep during the trip. At 6h30, the lorry arrived with two (very nice) drivers and my friend Gerlinde followed behind.

The lorry was really comfortable and clean with air conditioning and large cages well secured. One hour later, they were all comfortably installed and ready to leave. It has been too quick as we had no time for the last cuddle. At 7h30, after the last checks, the lorry left us for their long trip to Germany. Everything went well and I want to thank Gerlinde Hartmaier who works so hard to help the many kennels around Europe to find good homes for the dogs in Germany. I also want to thank Heike Rautenberg (Clínica do Ferrel) for her great help.

Special thanks to Tina & Alan, our tireless volunteers, who helped to prepare the dogs and to Allie & Lucie from the Cactus Bar in Alvor who have helped to bathe and pamper the dogs before the trip.

If you are looking for a dog, a cat or a donkey, you are very welcome for a visit at the Donkey Sanctuary. We foster lovely and friendly animals which are waiting for new loving homes.

Valérie Kermorant
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Too early for my lovely Blackie.

Everybody is on board and ready to go...



Loading the dogs.

good "Angels" and some of them are in Germany. On Thursday, 17th September, was a big day for the 23 lucky dogs of the Donkey

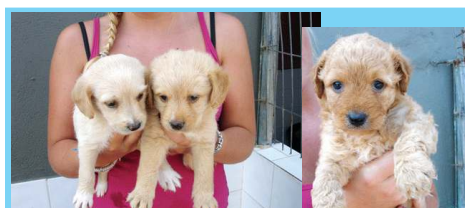
ing the life of many animals. ETN offered the transport to Germany and the means for the dogs. At

Hi There !

DIVA, a Serra da Estrela cross, 2 years old, was found on the streets by our volunteers with an infection resulting from 7 dead foetus in her uterus. It was pure luck that we found her then - a few days later she would have been dead. She was operated immediately and is now recovering nicely in the vet clinic. We would like to find a home for her before she is due to leave the clinic, so she would not have to go to the shelter. If you would like to give her a home, please contact us at Sesimbra. bianca@gmail.com or call 966156147



Bianca



These 3 pups all need homes. 2 smooth coat and 1 fluffy. Approximately 7 weeks old, Mum has longer hair and is a medium size, very friendly - also needing a home. Call Tania on 935432221

Does anybody know her?



This dog was found without a collar in a field near Monte Judeu on 18/Sept/09 and she is a darling! She is heartworm and leish free and appears healthy, great with other dogs, loves company and is very clean. I suspect she may be a city dog as she does not like gravel under her feet and it's hard to say what age she is; I'd say mature. Someone MUST be missing her; she is currently being fostered and will be looking for a new home if no one claims her. Please contact Heather on 964041625 or 282688162

The dog in the picture is needing a lovely home. She is a massive character and has lots of energy. So needs someone who has the time to spend with her. She has now been at the dogs' home for over a month and needs a new chance, any suiters... please call Tania 935432221



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Successful weekend at the AIA



The GP2 Series and the FIA GT series attracted thousands of fans to the Algarve racetrack with action packed racing throughout the weekend. The AIA reached its objectives by gathering around 40,000 spectators to show the FOM (Formula One Management) that the venue can host big events.

The main events of the weekend were the final two races of the GP2 Series, which came to the Algarve for the first time ever, complemented by the FIA GT.

Nico Hulkenberg won the first GP2 race, on Saturday, and guaranteed his first place spot for the season. He was followed by Luca Filippi and Lucas di Grassi. Portuguese driver Alvaro Parente was disappointed with the result from his first race, ending below sixth and not earning any points. On Sunday, the second race of the GP2 Series had a violent start as Petrov stalled his car off the line and Herck, not being able to see the stationary car, smashed into the back of him, forcing the race to be stopped whilst officials cleared the track; no driver was injured.

With around 38,000 spectators looking on, Luca Filippi took the honours and finished first, closely followed by Javier Villa and Sergio Perez. Sergio Perez later received a 25 second penalty (for overtaking the safety car before it had left the track during the restart) and so D. Clos

climbed into third place. Alvaro Parente had a much better race and ended one position from the podium.

Many remained at the track to see the FIA GT cars in action, with Aston Martin's, Maseratti's, Ferrari's, Porsche's, Corvette's and more participating in a nail-biting race, with the final winners being the drivers for the SRT Corvette (Longin and Ruffier). Miguel Ramos impressed his home crowd by taking third place.

Once again, all the drivers hailed the track for its unique characteristics and described it as extremely demanding.

Paulo Pinheiro, CEO of the AIA, thanked all the people who made the effort to attend the races: "I must thank everybody who accepted our invitation to come to watch the GP2 Series and the FIA GT. Without them, this weekend's party would not have been possible."

The question that remains now is: Was it enough to impress Formula One Management and bring the F1 back to Portugal?



Cars competing in the FIA GT race at the AIA (Autodromo Internacional Algarve circuit) on Sunday, which saw the team Longin/Ruffier win with a Corvette SRT Z06.

Benfica climb to second as FC Porto falter



Sporting de Braga remain leaders of the Liga Sagres after beating FC Porto last weekend, whilst Benfica secured second place as they overcame União de Leiria by 2-1.

Sporting de Braga continue unbeaten in the Liga Sagres, after beating last year's champions by a single goal on Saturday. It was a very even game throughout, with Sporting de Braga coming off worse in the first half when the referee failed to notice a foul in FC Porto's box, which would have granted the current leaders a penalty kick. The second half kicked off with the score level, and many dangerous shots menaced both keepers' goals. After 69 minutes, Sporting de Braga scored the only goal of the match, with a hint of fortune as Alan's cross was deflected by Varela and chipped the keeper.

FC Porto's loss gave Benfica the chance to secure their second place against União de Leiria, on Sunday. The 'Reds' began their match with great assurance, as

Saviola scored after only five minutes of play. Their lead was not held for long though, as David Luiz scored an own goal and the tally was levelled at 18 minutes.

Benfica were pushing hard for a second goal, which came in the final ten minutes of the match, when Mamadou Tall committed a foul inside Leiria's box, granting Benfica a penalty. Cardozo smashed the ball into the back of the net, which secured Benfica's second position, three points ahead of FC Porto and two behind Sporting de Braga.

Sporting had a bit of a scare on Monday evening, when facing Olhanense in Lisbon. The Algarvean team scored two goals (Rabiola and Castro) within the first twenty minutes of play and the 'Lions' seemed rattled. They

managed to come back in the first half though, as Daniel Carriço scored a powering header and, less than ten minutes later, the referee gave Sporting a penalty kick that did not exist. João Moutinho converted and the scores were level at half time.

Vukevic scored the winning goal three minutes from the final whistle, and Olhanense left the pitch feeling hard-done-by, by the referee for granting the penalty kick to the 'Lions'. Sporting are now level third, with FC Porto.

SUPERLEAGUE FIXTURES DAY 6

MATCH	DATE	TIME	TV
Olhanense-Braga	Friday	20h15	SportTV1
Marítimo-Naval	Saturday	16h00	
Rio Ave-Académica	Saturday	16h00	
Setúbal-P. Ferreira	Saturday	16h00	
FC Porto-Sporting	Saturday	19h15	SportTV1
Benfica-Leixões	Saturday	21h15	RTP1
Guimarães-Leiria	Monday	20h15	SportTV1
Belenenses-Nacional	Saturday	Oct 10	

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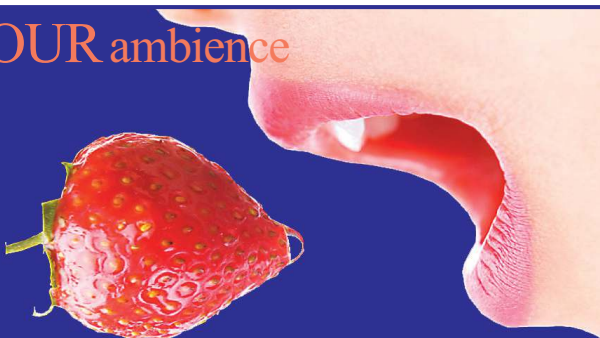
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